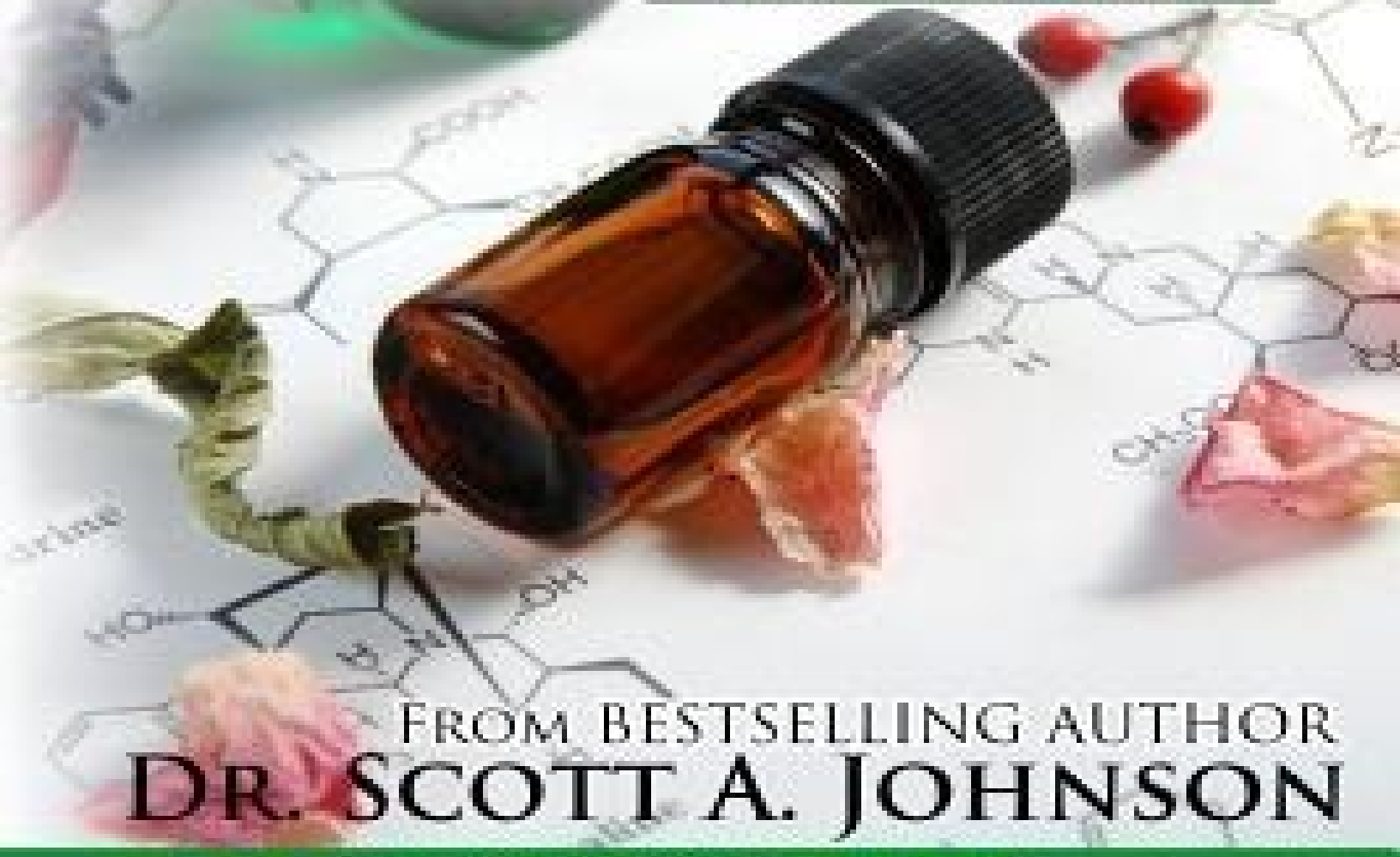
SURVIVING WHEN MODERN MEDICINE FAILS

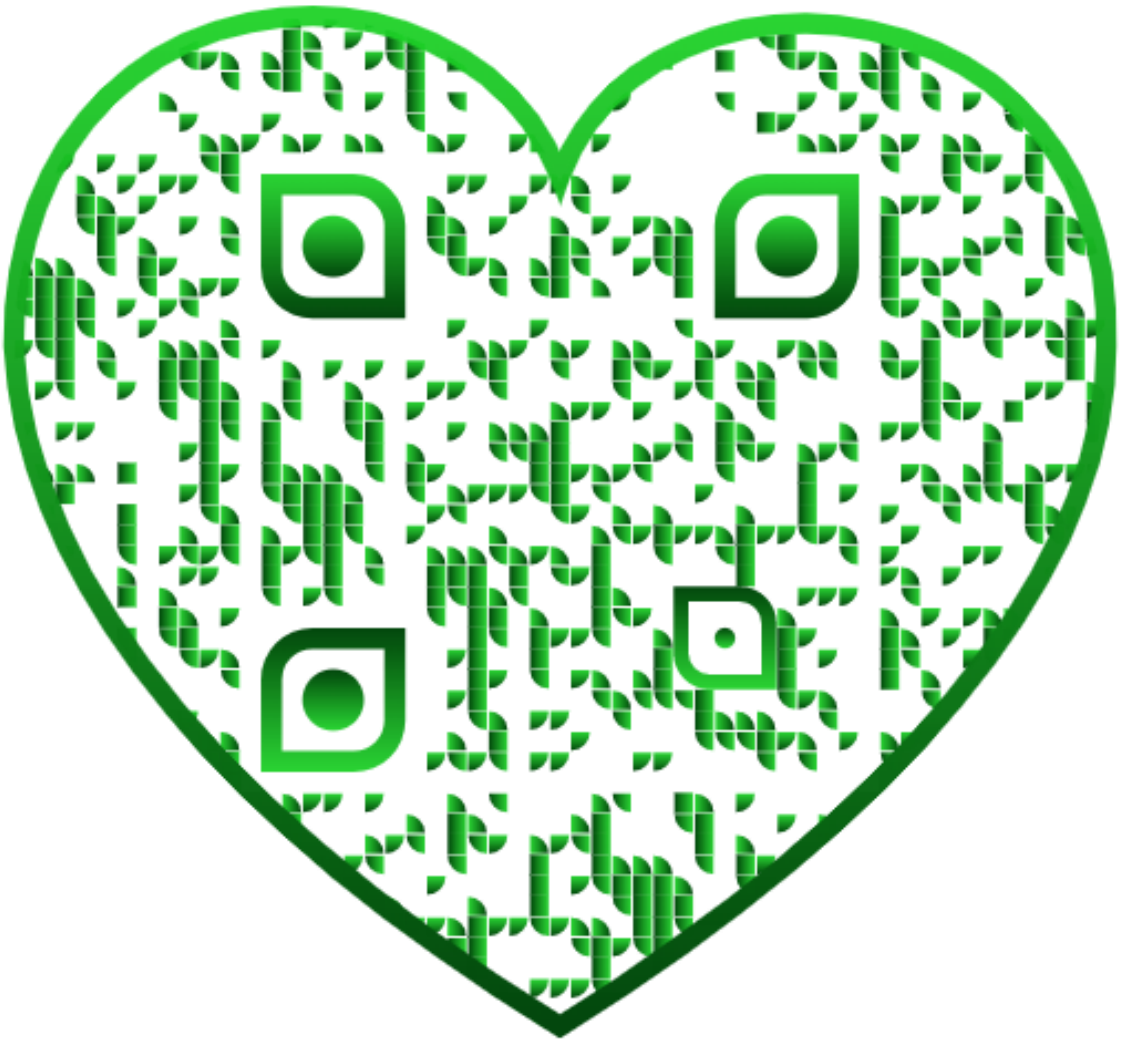
A Definitive Guide to Essential Oils That Could Save Your Life During a Crisis

Revised Third Edition



FROM BESTSELLING AUTHOR

DR. SCOTT A. JOHNSON



— 3RD EDITION —

SURVIVING WHEN MODERN MEDICINE FAILS

A DEFINITIVE GUIDE TO ESSENTIAL OILS THAT COULD SAVE YOUR LIFE DURING A CRISIS

Dr. Scott A. Johnson

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SURVIVING AND THRIVING WITH ESSENTIAL OILS

E ach of us has an innate desire to survive, to maintain our existence, and to ensure the same for those we love. Indeed, we are hard-wired for self-preservation, with instinctive internal survival mechanisms constantly working to ensure life endures. While our internal mechanisms protect us without any thought, it takes a great deal of preparation and planning to survive during a major catastrophic event. Although those inclined to prepping for these types of events often store food, water, and other essential supplies, few consider what they will need for the medical care of their family. Even fewer have the luxury of a physician or other health practitioner in their family to help in this type of life or death situation. And even if they did, this person's ability to provide aid would be severely limited without access to technology, hospitals, and pharmaceuticals.

Fortunately, you can be prepared with the knowledge and tools to care for your family's health during an emergency. This book is intended to provide you the knowledge and a list of tools (essential oils) that you will need to handle the majority of medical situations you can expect to experience during a crisis. In fact, following the direction in this book may help you not only survive but thrive during a crisis.

Modern medicine, or allopathic medicine, has ushered in a wonder of scientific advancements and achievements that have greatly benefited the human race. The study of the human body and scientific research have discovered intricate details of human anatomy and physiology, helped us better understand disease cause and progression, revealed our genetic makeup, and much, much more. Organ

transplants, medical imaging, and trauma treatment are just a few of the advances of modern medicine that save countless lives each year.

That being said, modern medicine is still largely ineffective in key areas. It emphasizes the treatment of symptoms rather than eradicating the root cause of disease, focuses too heavily on invasive treatments, and often causes severe side effects. In addition, modern medicine largely fails when it comes to preventive care, with most doctors lacking the knowledge or time to offer nutritional and lifestyle guidance that could significantly reduce the disease burden facing the world's population today. Quite frankly, nutrition and lifestyle behaviors are the foundation of health and should be "medical doctor 101," because no amount of drugs (or supplements or essential oils for that matter) can replace eating better and being physically active.

The Case for Complementary and Integrative Medicine

Where modern medicine fails, alternative—or more appropriately said, complementary or integrative—medicine excels. Complementary medicine relies on gifts provided by Mother Nature as remedies and employs these remedies to support the body's remarkable innate ability to heal. After all, the natural state of man is health, not disease, and the body is well equipped to combat a variety of illnesses and injuries that cause disease, especially when supported in this process.

The perception that no evidence exists regarding the safety and efficacy of natural remedies is misguided and utterly false. The truth is there are tens of thousands of studies supporting numerous natural remedies as valuable solutions for just as many health conditions and diseases. One need only search PubMed, the U.S. National Library of Medicine's database, to find this evidence.

The best form of medicine truly is integrative—meaning it combines the best of both modern (Western) and complementary medicine, with preference to the safest, least invasive, and most effective remedy first. Both worlds have something to offer and can improve the lives of men and women if used prudently.

Essential Oils as Disaster Medicine

Modern medicine is heavily reliant on technology, drugs, and surgery. But, what would happen to modern medicine during a major catastrophic event? If a major earthquake, flood, tornado, or other natural disaster resulted in the long-term loss

of electricity, modern medicine would be crippled and lose many of its aforementioned abilities. Without electricity and technology, intricate surgeries would go unaided by computers and cameras, and drug manufacturing would come to a halt. Eventually, this stoppage in manufacturing could create a critical shortage of pharmaceuticals that so many people rely upon to survive. In addition, the life-saving equipment of today's modern hospital would quickly collect dust and become useless.

Hurricane Katrina, which hit the Gulf Coast of the United States in 2005, is a prime example of the devastating effects of a natural disaster and its harmful impact on modern medical care. Some people in Louisiana were without power for weeks, which left hospitals to run on generators with scarce fuel supplies. Several major roads were cluttered with trees and other debris. These cluttered highways became impassable by normal vehicles and prevented travel to pharmacies and hospitals to acquire necessary medications and medical treatment.

A similar situation occurred along the Eastern Seaboard of the United States in October of 2012 when Hurricane Sandy left millions without power. At the height of the storm, more than 7.5 million people were without power. This devastating hurricane caused almost $62 billion in damage in the United States alone. New York was hard hit by the storm because of damage to public transit (subways and tunnels). Thirty-seven healthcare facilities evacuated thousands of patients, and five of those had to evacuate completely. In addition, more than 2,500 elderly persons were evacuated from nursing homes.

One Southern Brooklyn hospital, Coney Island Hospital, which serves a community of almost 750,000 people, lost all electrical power when engineers shut off the emergency generator to protect it from damage as water began to flood the generator room. It took nearly five days to remove over 10 million gallons of flood water from the hospital's basement, and comprehensive inpatient services were only partially restored by mid-January.

These types of disasters can happen anywhere in the world, quickly devastating the local healthcare system. In 2011, a massive 9.0 magnitude earthquake and subsequent tsunami devastated Japan. The resulting destruction caused the failure of nuclear power plants leaving millions without power, including emergency evacuation shelters and healthcare facilities. In addition, some hospitals were partially submerged, requiring the rescue of nurses and doctors and the loss of adequate medical attention, equipment, and life-saving

prescription medications for thousands of suffering people in these facilities.

Another catastrophic event that separated people in need of medical care from hospitals was the 2010 earthquake that occurred approximately 200 miles from the capital of Santiago. This magnitude 8.8 earthquake and subsequent series of aftershocks—many of which were magnitude 5.0 or greater—severely disrupted hospital care. One analysis that surveyed seven government hospitals in Chile reported that all hospitals lost communications, electrical power, water, and functional capacity for several days.[1] Power was disrupted for one week in Santiago, and limited food and fuel in Concepcion resulted in widespread looting.

According to a September 2005 report in the *Journal of the Royal Society of Medicine*, the aftermath of the 2004 tsunami that hit countries in the Indian Ocean significantly disrupted vital healthcare services. The report reveals that almost 45 percent of health clinics in Indonesia were destroyed or seriously damaged, and another 17 percent experienced minor damage. Moreover, as many as 700 of the 9,800 healthcare workers were missing or dead immediately following the catastrophe. Some islands lost all of their equipment, including X-ray machines and generators.

These situations demonstrate that no one is immune to a catastrophic event. They also reveal that now is the time to prepare for a disaster, because when the disaster hits the time for preparation has already passed. Those who wish to survive during a catastrophe must make a concerted effort now to be prepared.

Regrettably, analyses uncover that many healthcare facilities are not prepared for catastrophes, suggesting that you may indeed be responsible for the care of your family when disaster strikes. A 2009 report concluded that hospitals in Arkansas have significant deficiencies when it comes to preparedness for a mass casualty event—particularly when it comes to the care of children.[2] A recent survey also determined that only 22.2% of pharmacies surveyed feel prepared with sufficient quantities of medication for staff and patients during a mass casualty scenario.[3]

The above-mentioned disasters are just a few examples of catastrophes (and the ill-preparedness of healthcare facilities) that significantly impacted the lives and access to medical care of people living in a localized geographic area. Imagine the effects of a widespread, worldwide catastrophe!

This dire situation can be quite distressing and frightening, particularly for those

who are so heavily reliant on modern medicine. However, with the right knowledge, preparation, and remedies, fears can be calmed and good health can be claimed.

The Huge Advantages of Essential Oils as Natural Remedies

When it comes to natural remedies, one modality reigns supreme—essential oils. Essential oils offer several key advantages that make them ideal choices as the medicine of the future:

- *They work simultaneously on the emotional, physical, mental, and spiritual levels of health* . Essential oils connect the mind, emotions, body, and spirit to influence all aspects of well-being.

ESSENTIAL OIL SHELF LIFE*

1 Year

Citrus oils, lemon verbena, lemongrass, melaleuca (tea tree), melissa, neroli, pine, spruce oils

2 Years

Virtually all other essential oils

5 Years

Black pepper, cedarwood, copaiba, myrrh, patchouli, sandalwood, spikenard, vetiver

*Storing essential oils in the refrigerator may extend the shelf life by up to 100%.

- *A virtually indefinite shelf life for most oils* . When essential oils are unopened and stored in a cool, dark place away from heat and sunlight, their therapeutic value lasts for a very long time. Keep in mind that long-term storage (more than five years) of essential oils may result in some loss of therapeutic value and potency and increases the risk of oxidation of some of the essential oil compounds. Citrus oils are more susceptible to degradation because of the high limonene content (very prone to oxidation) and should be discarded if they smell rancid or appear cloudy. On the other hand, some essential oils like copaiba, cedarwood, patchouli, myrrh,

sandalwood, and vetiver tend to get better with age. Once opened, follow the guidelines in the box below.

- *Unmatched versatility* . One essential oil can be used for a variety of purposes and health conditions.
- *Potency* . Essential oils are highly concentrated plant extracts that offer rapid correction, regeneration, and balance, with little or no side effects. Sometimes one or two drops are all it takes to see the desired results.
- *Safety* . Essential oils are very safe, with very few contraindications or unintended reactions when used responsibly and prudently.
- *Easy to use* . A complicated *materia medica* , like used in homeopathy, is not necessary; in fact, many users experience positive results even when the "wrong" oil is used.

The Future of Aromatherapy: The Evidence-based Model

Over the course of recent history, three models, or systems, of aromatherapy have dominated the landscape—the British model, the French model, and to a lesser extent the German model. One could argue that a fourth unrecognized model exists—the American model that incorporates aspects of all three. Each of these models has contributed to the current knowledge and clinical use of essential oils in different ways.

The French model emerged in the early 1900s when French chemists and physicians began experimenting with and investigating the therapeutic value of essential oils. This model advocates the neat—without diluting in carrier oil—topical application and oral administration of essential oils. A deep understanding of pharmacology, toxicology, and physiology is used to determine the therapeutic application of essential oils.

The therapeutic application of essential oils was introduced to England during the 1950s by Marguerite Maury, who encouraged the heavy dilution of essential oils before applying them to the body and discouraged oral administration because she was not a medical doctor. The British model uses small amounts of essential oils mixed in abundant amounts of carrier oil before topical administration as part of an aromatherapy massage. One of the key contributions of this model to essential oil therapy is a greater knowledge of the safety of essential oils, and possible drug interactions and health contraindications.

The German model mainly consists of using essential oils for inhalation purposes. However, Germans greatly advanced the knowledge of distillation

procedures during the sixteenth century. Studies suggest that even this simple model largely relying on the inhalation of essential oils can have profound psychophysiological effects.

Each model has its strengths and offers something useful for the essential oil practitioner and layperson alike. The American model recognized this fact and incorporated a bit of each system of thinking.

The future of essential oil therapy, and the one recommended and utilized in this book, is the evidence-based model. This model integrates the best of all models and enriches them with scientific evidence. It combines ancient traditions, established protocols, consensus of user testimonials, and scientific evidence to determine therapeutic and safe uses and protocols for countless health conditions.

Evidence-based essential oil therapy is a balanced approach to the therapeutic use of essential oils and suggests a range of dilution—from neat to highly diluted—for topical application. By suggesting a dilution range, each person is able to customize his or her essential oil usage according to his or her current state of health, body physiology, propensity towards sensitivity, and level of comfort.

Evidence-based essential oil therapy also supports the oral administration of essential oils, and suggests standardized dosages based on body weight and age. A significant amount of evidence exists to suggest that ingesting reasonable amounts of essential oils is not only safe but offers wide-ranging benefits to human health. In general, only extreme doses are problematic.

Another aspect of the evidence-based model of essential oil therapy is its use of science to determine contraindications and drug interactions. Many essential oils could interact with drugs if taken concurrently, and so it is important to be knowledgeable of these interactions. Indeed, the medical literature and clinical case reports verify that interactions do occur. In addition, some medical conditions require more cautious use of essential oils, and this too is shared as part of this model.

Science and natural remedies are not archenemies and can exist harmoniously with an open-minded practitioner. Truthfully, science is a very welcome member of the evidence-based practitioner’s toolbox and can be an influential guide in deciding which oils will work best to restore homeostasis and balance to the body. Those who have used this model have likely realized that its efficacy and safety are unmatched.

The evidence-based practitioners (or average user) of essential oil therapy recognize that essential oils are a big part of a complete integrative approach to human health. This practical approach incorporates all available medical methodologies, with an emphasis on the least invasive remedy that is still effective. ***The reader should always seek physician (or other health-care practitioner) approval before using any of the recommended protocols when possible.***

What Are Essential Oils?

Essential oils are natural aromatic compounds and volatile liquids extracted from the seeds, roots, bark, stems, leaves, flowers, resins, and other parts of plants. These valuable liquids are most commonly obtained from plants through distillation—often by using steam. They can also be expressed mechanically or cold-pressed, as is the case with citrus oils extracted from peels. When solvent extraction is used, the end product is an absolute that contains both essential oils and other plant constituents. This oil is not a true essential oil, but it is often used by some aromatherapists. The chemical makeup of essential oils is highly complex and may consist of hundreds of distinct chemical compounds.

Essential Oil Compounds

The major compounds, or constituents, found in essential oils can be classified as follows:

Alcohols : The name of alcohols start with the parent terpene they were derived from and always end in “-ol.” Alcohols possess good antiseptic, antiviral, and antifungal properties. They are generally nonirritating to the skin and nontoxic. Alcohols are uplifting and energizing. Some examples of alcohols include linalool, menthol, borneol, cedrol, citronellol, and geraniol.

Aldehydes : Aldehydes are responsible for the characteristic fragrance, or aroma, of many essential oils. They possess anti-infectious, tonic, immune-stimulating, anti-inflammatory, vasodilating, hypotensive, antiseptic, fever-reducing, and calming properties. Oils with high levels of aldehydes, like lemongrass, may irritate the skin and cause sensitization in some individuals. Aldehydes are unstable and susceptible to oxidation when exposed to oxygen and low heat, making it important to store them properly. Aldehydes end in “-al.” Common aldehydes include cinnamaldehyde, neral, geranial, and citronellal.

Alkanes : Only a few essential oils contain alkanes and usually in very small

quantities. Rose oil appears to have the highest concentration of alkanes at up to 19 percent. The purpose of alkanes in plants is to protect the plant from harmful organisms and predators, as well as decrease water and mineral loss. Rose oil contains significant amounts of alkanes. Examples include tricosane, undecane and dodecane.

Alkenes : Abundant in trees and other plants, alkenes influence the characteristic odor of essential oils. These compounds can be identified by their “-ene” ending. They possess anti-inflammatory, relaxant, anticancer, analgesic, antifungal, and antimicrobial properties. Examples include limonene, myrcene, humulene, chamazulene, and thujene.

Carboxylic Acids : Carboxylic acids are organic acids formed by the oxidation of aldehydes that usually end in “-ic acid.” They are rarely found in essential oils because they are not very volatile. They are anti-inflammatory and antiallergenic. Examples include rosmarinic acid and chamazulene carboxylic acid.

Coumarins : Essential oils that contain coumarins are typically phototoxic and should not be used immediately prior to sun or UV exposure. They are not easily extracted during the distillation process because they are not very volatile. Coumarins are blood thinning, hypotensive, antispasmodic, anticonvulsant, and antimicrobial. They include bergapten, psoralen, angelicine, citropen, and bergaptol.

Esters : Essential oils that contain esters are generally very fragrant, often producing a fruity aroma. They possess antispasmodic, anti-inflammatory, anti-fungal, relaxant, antimicrobial, and skin-nourishing properties. Essential oils high in esters are good choices for muscle spasms and skin rashes. These compounds are widely found in essential oils and usually end in “-ate.” Some examples of esters include linalyl acetate, geraniol acetate, eugenol acetate, and geranyl acetate.

Ethers : Ethers have similar properties and characteristics to esters but are considered much stronger compounds. Because of their powerful effect, essential oils that contain ethers should not be taken in high doses or used for extended periods. They possess antiseptic, anti-infectious, anti-inflammatory, antispasmodic, expectorant, stimulant, diuretic, and nervine (calms and soothes the nerves) properties. Ethers usually end in “-ole” and include estragole and anethole.

Ketones : These reasonably stable compounds are not easily metabolized by the liver, so those with liver diseases should use very small quantities of essential oils high in ketones and only for short periods. Ketones are extremely powerful and often considered toxic because of their potency.

Lactones : Lactones are organic esters that are considered antimicrobial, antiviral, anti-inflammatory, relaxing, expectorant, analgesic, and fever reducing and may lower blood pressure. They are primarily found in expressed oils because of their molecular weight, but are sometimes found in solvent-extracted oils as well. Examples include bergaptene, furano-germacrene, coumarin, and alantolactone.

Oxides : Oxides are formed when an element is oxidized by exposure to the oxygen in the air. Other than eucalyptol (1,8-cineole), they are quite rare in essential oils. They are expectorants, mildly anti-infectious, antiseptic, and anesthetic. Unfortunately, oxides are also known to cause skin irritation and sensitivity, so they should be used with caution topically. Examples include eucalyptol, linalyl oxide, and ascaridole.

Phenols : The most common phenols found in essential oils include thymol, carvacrol, eugenol, and chavicol. Their names end in “-ol” or “phenol.” Essential oils that contain phenols are highly susceptible to oxidation, may irritate the stomach lining, and are very likely to cause skin sensitivity and/or reactions, so essential oils that contain them must always be diluted before topical application. Essential oils with phenols should be used for short periods and taken in lower doses internally because they are very powerful. They are stimulating to the nervous and immune systems, act as a tonic within the body, are powerful anti-infectious agents, help rid the body of parasites, may elevate body temperature, help normalize inflammation, useful for rheumatic conditions, help expel excess gas from the intestines, diuretic, antiseptic, and have been shown to clean cell receptor sites.

Terpenes : Terpenes can be subdivided into monoterpenes, sesquiterpenes, and diterpenes based on their structure. Terpenes can influence both the initiation and progression of cancerous cells.[4] ,[5] Another remarkable property of terpenes is their ability to cross the blood-brain barrier and to enter brain tissues. [6] ,[7] According to research, terpenes increase cerebral blood flow, thus indirectly enhancing delivery of oxygen to the brain.[8] They are also antiviral, antibacterial, antifungal, antiseptic, analgesic, protective of DNA, antitumoral, anti-inflammatory, antispasmodic, expectorant, anti-allergenic, stimulative of

organs, oxygenating of the tissues, supportive of detoxification processes, and can be both uplifting and relaxing. Monoterpenes are widely found in essential oils. Examples of terpenes include limonene, pinene, myrcene, camphene, chamazulene, phellandrene, beta-caryophyllene, farnesene, cedrene, cadinene, and sabinene.

A Brief History of Essential Oils

A collection of ancient texts and historical and archaeological evidence—including Egyptian hieroglyphs, Chinese manuscripts, Greek physicians' records, and biblical references—suggest that aromatic essences and essential oils have been an integral part of health and wellness for centuries. Essential oils have been used extensively throughout recorded history for medicinal and ritual purposes, psychological, social reasons, food preparation, beautification, and even as currency.

The Egyptians were among the first to use aromatic essences and resins as medicines, cosmetics, embalming agents, and as a central component of important rituals. Traces of essential oils have been discovered in Egyptian tombs and found on mummy bandages. Pots containing frankincense and another aromatic essence were discovered when Tutankhamen's tomb was opened in 1922, and remarkably still offered a hint of aromatic scent after thousands of years being sealed in a tomb.

The ancient healing traditions of Chinese and Ayurvedic medicine similarly made use of aromatic plants to promote well-being. Ancient Buddhists were believed to have used incense for purification and ceremonial purposes. Ancient Chinese texts also refer to the use of aromatic essences for medicinal purposes.

The Greeks incorporated essential oils into therapeutic massages, and the Romans used them for personal hygiene and to promote health. The Persians borrowed from Roman, Greek, Chinese, and Indian teachings as they integrated aromatic plants into their healing system.

The Greek physician Hippocrates (460 to c. 375 BC), considered the father of modern medicine, purportedly advocated aromatic baths and fumigation with aromatics for medicinal purposes. According to historical records, he fumigated the city of Athens with an aromatic oil saving the city's inhabitants from a devastating plague.[9]

French chemists were credited with discovering the antibacterial properties of

essential oils in 1887. The modern term aromatherapy was coined by French chemist and perfumer Rene-Maurice Gattefosse. After burning his hand in a laboratory accident in 1910, he treated it with lavender essence, or lavender oil. He explained that after applying lavender, his pain diminished, the gas gangrene ended, and over time, his hand healed without infection. Inspired by the results of Gattefosse's experiments, Dr. Jean Valnet used essential oils to successfully treat the infections and wounds of soldiers during World War II. During the 1950s, Marguerite Maury began diluting essential oils in carrier oil for direct topical application and invented essential oil blends for specific health conditions.

Today, an abundant amount of evidence is building that suggests essential oils possess significant healing properties. Clinical studies in Europe, Australia, Japan, India, Canada, the United States, and elsewhere have revealed remarkable healing properties of many essential oils. These studies have found that essential oils are effective for a variety of health concerns, including infections, pain, anxiety, depression, nausea, hormone balance, cancer, and much more.

The Importance of Oil Purity and Authenticity

Pure, authentic oils—not the fragrance-grade kind that are often sold for use as perfumes or as scents—are very concentrated compounds, which are far more potent than dried herbs. They are powerful yet gentle remedies that can be used by adults, children, infants, and some pets to restore homeostasis, correct mood disturbances, physical ailments, cognitive difficulties, and even influence spiritual awareness. Aromatic botanicals and resins are mentioned throughout the Bible as integral parts of spiritual and ritual ceremonies.

Oil purity cannot be overstated. Quite frankly, there are many oils on the market that are manipulated for consistency of scent or to pad the company's pockets, rather than produced to use in aromatherapy applications. The majority of essential oils on the market today are used for perfumes—it is estimated that up to 98 percent of essential oils are used in the perfume or food industries or added to candles, soaps, and other household care items. Unfortunately, even those that are intended for therapeutic application are frequently diluted or adulterated by unscrupulous traders to increase profitability, control consistency, and create oils that smell better.

A significant number of essential oil traders regularly taint their oils with cheaper—but similar—oils, isolated synthetic or natural compounds, essential

oils of similar species, or less expensive parts of the same plant. This is done to produce a more consistent taste and smell but, ultimately, to generate more profits for the trader. Some common adulterations include synthetic menthol added to peppermint oil, synthetic phenyl ethyl alcohol added to rose otto, adding lavandin to lavender, diluting citronella with lemongrass, or using cinnamon leaf instead of bark.

Synthetic compounds are less expensive and offer greater consistency in compound profile that cannot be achieved in natural plants. Plants inherently have varying degrees of compounds in them based on harvest time, growing type, geographic region, soil quality, altitude, weather, cultivation practices, and water quality. It is remarkable how significantly an essential oils compound profile can change based on these factors. In fact, the same species can produce a different chemotype—an essential oil where one constituent is produced more abundantly or an essential oil with unique properties and compound profile based on growing conditions or location. In order to provide a constant compound profile, one must use synthetic compounds that are meticulously controlled for consistency when created in a lab.

If an oil smells significantly differently than the natural aroma of the plant, this is not a sign of purity, but rather an indication that the constituents in the oil may have been altered from what is found in nature. For example, some companies want their lavender to smell better, so after distilling the plant materials, they add a synthetic version of a compound that is naturally found in lavender, such as linalool or linalyl acetate. They do this because adding more linalool or linalyl acetate improves the fragrance of the oil. This offers no improvement in the therapeutic value of the oil—in fact, quite the opposite. It augments the smell and places the natural constituents found in the oil out of balance.

Another common adulteration seen on the market is with wintergreen oil. Wintergreen plants are naturally high in methyl salicylate—a compound similar to aspirin. In fact, wintergreen plants often contain more than 95 percent methyl salicylate. However, many wintergreen oils that are tested via gas chromatography-mass spectrometry (GC-MS) are found to contain 100 percent methyl salicylate, which is not possible in nature. What does this tell us? It tells us that the oil has been manipulated and adulterated with synthetic methyl salicylate.

The Dangers of Synthetic or Adulterated Essential Oils

Frankly, using these synthetic and adulterated essential oils can cause significant harm. While even synthetic and adulterated essential oils may produce results in the short term, long-term use may produce allergies, headaches, and chemical sensitivities, and result in body toxicity. We know that toxins—like those synthetically created in a lab—are harmful to the body. Those who are concerned about their health make a concerted effort to avoid toxins, chemicals, and synthetic compounds in personal care products, household cleaners, food, soaps, and more. Yet, by using an impure oil, such as those mentioned above, they are inviting these chemicals and toxins to make their body their new home. This is counterintuitive, that a "health product" would contain harmful ingredients that can be devastating to your health.

To ensure you are using a pure oil, look for:

- a company that has expertise in the distillation process and innovative distillation equipment;
- a company that has published essential oils research in scientific journals and takes a clinical approach to essential oil development;
- a company that is personally involved in the farming and cultivation process through the inspection of supplier farms by a qualified expert;
- a company that verifies purity with their own laboratories, third-party testing facilities, and educated scientists to read and interpret test results;
- a company with oils that smell like the natural plants and whose single oils vary in aroma from batch to batch due to inherent variations in plants. (Slight variations in the smell of each batch of oil is a good indication that Mother Nature has created the essential oil and not a lab. This trait is desirable and normal; whereas if your lavender oil always smells exactly the same, it could be an indication that the oil is adulterated.);
- a company that is willing to share results from the tests their essential oils have undergone to ensure purity and authenticity, for the specific batch of oil you have purchased. If a company is not willing to share this information, you are placing blind faith in them and may very well be using a product that doesn't meet the high quality standards required for therapeutic use.

Many traders (and consumers for that matter) equate purity to organic; however, organic does not always mean pure. Although essential oils distilled from organically grown plants are greatly preferred, essential oils labeled as organic may have been contaminated during processing, improperly distilled, or

extracted using chemicals or solvents. This is far from a pure oil, and not an essential oil that should be used for therapeutic purposes.

Usage and Safety Guidelines

As with any remedy, natural or otherwise, a few guidelines must be followed to maximize effectiveness:

- Essential oils should be applied at the first signs of symptoms—when you first start feeling ill—or immediately following an injury. The sooner an essential oil is administered during the onset of illness or after injury, the more rapid your results will be.
- Apply essential oils as often as every five minutes with severe injuries or where illness is progressing, two to four times daily if you catch the illness early, or one to three times daily for chronic conditions.
- Apply oils based on body size—up to 6 to 15 drops per application for a large body (though often 1 to 2 drops is all it takes to obtain the desired results), up to 5 to 10 drops for adolescents and teenagers (but again think more is less, particularly the younger the child), up to 1 to 5 drops for small children, and small amounts of essential oil diluted to a 0.3% to 1% dilution ratio for infants and very small children. More is not always better, and this is definitely the case with essential oils, particularly as it relates to children. Children will naturally respond more rapidly and vigorously to natural remedies and so using large amounts of essential oils is not necessary. Excessive use of essential oils can lead to unintended and undesirable reactions, so start with lower amounts (like 1 to 2 drops) and work up from there if necessary. While these are averages and common doses used, it doesn't hurt to start out with smaller doses (even 1 or 2 drops) and then increase the dosage as necessary. Where specific dosages are recommended, they are generally recommended for the average size adult (154 lb. or 70 kg), so adjust the dosage accordingly. For example, a small adult that weighs 95 pounds (43 kg) will likely require less oil than the adult that weighs 154 pounds (70 kg) or more.

ORAL DOSAGE GUIDELINES[+]		
Age/Weight	***Total Daily Oral Dosage***	***Sublingual Dosage (Per Dose)***
Birth to 12 months	Not recommended	Not recommended

(Up to 22 lb.)		
1 to 5 years (23–44 lb.)	Not recommended	Not recommended
6 to 11 years (45–77 lb.)	3–8 drops	1 drop
12 to 17 years (78–153 lb.)	5–15 drops	1–2 drops
18 or older (154+ lb.)	7–45 drops	1–5 drops (The higher end would generally be used for very mild oils)
Except where otherwise recommended in this book.		

TOPICAL DOSAGE GUIDELINES+

Age/Weight	*Recommended Dilution Range*	*Total Daily Topical Dosage*
Birth to 12 months (Up to 22 lb.)	0.3% dilution	Up to 1.5 drops EO
1 to 5 years (22–44 lb.)	1.5%–3% dilution; Neat for certain conditions	Up to 15 drops EO
6 to 11 years (45–77 lb.)	1.5%–5% dilution; Neat for certain conditions	Up to 17 drops EO
12 to 17 years (78–153 lb.)	1.5%–20% dilution; Neat for certain conditions	Up to 25 drops EO
18 or older (154+ lb.)	1.5% dilution; Neat	Up to 45 drops EO

+ The dosage recommendations are offered as a guide and should not be considered perfect and fast rules. The age, height, weight, and health status of the individual as well **as the essential oil used** and the health condition being treated must be considered. Use lower dosages with the elderly, those taking medications,

and alcoholics. Drops based on 30mg as an average.

- Apply essential oils on the feet, spine, or site of injury unless otherwise directed. The feet are one of the best, and preferred, places to apply oils for a few reasons.
    1. The feet are less prone to sensitivity and irritation than other areas of the body. Applying oils on the feet will reduce the probability of causing skin sensitivity and reactions. When in doubt, apply to the feet.
    2. The entire body is represented on the feet. For example, the big toe is your head, the insides of both feet represent the spine, and so forth. When you apply essential oils to the feet, you can profoundly influence areas of the body far from the feet, including vital organs. If you want to affect a specific area, system, or organ of the body through the feet please refer to the chart at the end of this book.
    3. Sweat may enhance absorption of essential oils through the skin. The feet are often moist from perspiration, which makes them a great location to enhance absorption. Research suggests that warm, wet, and hydrated skin can increase the absorption of some essential oil compounds up to three times.[10]
- Use multiple application methods—topical, oral, inhalation, and retention—for specific health concerns or to amplify therapeutic effects. A great example of a time when this is necessary is when treating a respiratory complaint. In this case, it would be best to apply oils topically to the chest area, diffuse/inhale to get essential oil molecules into the lungs, and possibly ingest oils to boost the immune system.
- Combine (blend) multiple essential oils for improved efficacy. Great results can be obtained with one single essential oil, but a synergistic effect may be achieved when a combination of oils is administered. Oil combinations often work on different aspects of a health condition helping to get to the root causes of illness.
- Continue essential oil therapy for a few to several days following relief of symptoms to ensure full and deep healing has occurred. If you don’t continue therapy after symptoms cease, the cause of the illness may transfer to other tissues within the body and remain dormant until reactivated (usually by diet, environmental exposures, or inactivity) to cause illness again.
- A general rule of thumb is that for every year you have suffered with a chronic condition, it may take one month of therapy to correct the

condition. For example, if you have suffered from migraines for three years, it will likely take at least three months to establish harmony and homeostasis in the body again. However, if you experience an acute condition and don't obtain results within a few hours—often within minutes—try a different oil, or different method of application. You may also have used insufficient or too much essential oil for the therapy to be effective. Each person is biologically unique and will respond differently to different oils and essential oil therapies; what works for one person may not work for another. Allow your body to "tell" you which oil to use by the way you respond and feel. Not all effective oils are listed for every condition.

- When applying topically, first do a skin patch test by applying one drop of oil on the underside of the arm and observing for irritation or redness. If irritation or redness occurs after application, apply a pure carrier oil (olive, coconut, jojoba, etc.), not water. Be aware, that some essential oils—like cinnamon—may cause irritation even if you are not sensitive to the oil. For very sensitive skin, place 1 to 2 drops of oil in a teaspoon of carrier oil before application.
- When possible, thoroughly cleanse your skin before applying essential oils topically. Essential oils can react with perfumes, deodorants, and other chemicals present on the skin leading to sensitivity.

Using Essential Oils with Children

Our children are extremely precious, and as parents, we are the first responders when it comes to their health and well-being. Children get sick, and as parents we want to do everything in our power to make them feel better. When our actions don't provide our children relief, it can be a very frustrating experience. Without the proper knowledge and the right tools, caring for children can be an intimidating undertaking. As a parent, it is your right and responsibility to determine what health care your child receives and to determine whether the condition can be safely and effectively managed at home or requires professional care. Even better, an integrative minded pediatrician or family care practitioner trained in the use of natural remedies who properly balances Western and complementary approaches can be an incredible resource for the natural parents.

Essential oils are a valuable tool for the parents who seek to raise their children using what is found in nature. Many parents prefer natural options when it comes to the care of their children, but they may feel ill equipped to employ the healing power natural remedies possess. This hesitancy or uncertainty leads to frequent trips to the pediatrician's office, often to be told that the illness is caused by a

virus for which Western medicine provides very limited support. Or the illness has occurred when the doctor's office is closed and you can't get in for several hours. Indeed, many pediatricians and other doctors now outsource their after-hours operations to third-party sources that are less qualified, provide very limited support, and do not know your family and child. These can be long nights for both the parents and the child, unless the parent is prepared to handle the situation at home.

Just as adults realize remarkable results when essential oils are used correctly, essential oils can be of great benefit to infants and children. In fact, children tend to respond to natural remedies more rapidly and completely than adults. However, unintended, adverse consequences can also occur with the use of natural remedies, particularly among children who are more receptive to the profound effects of essential oils. The old adage "less is more" is absolutely true with children and essential oils, and very small amounts of essential oils can provide rapid and far-reaching restoration in a child's body.

No parent wants to be responsible for being the cause of a trip to the doctor, and so a few cautions are warranted when using essential oils with children. When it comes to children and infants, it is important to use essential oils responsibly and to err on the side of caution. One need only review the scientific and medical literature—or perhaps talk to their integrative minded physician—to know that unintended reactions to essential oils do occur and are treated in doctor's offices, urgent care facilities, and hospitals.[11] Because of this, every effort has been made to thoroughly review the available literature and incorporate practical and clinical experience to determine what constitutes the safe use of essential oils for children.

Some believe that parents are incapable of caring for the well-being of their children alone. But the reality is a parent can choose to receive directions for the care of their children from a trained physician (who will intrinsically prescribe what he or she is trained on and comfortable with—synthetic chemical options) or a reliable resource—like a book—that shares detailed instructions about how to use natural remedies effectively and safely.

However, as interest in more natural options grows among parents, so does the interest to learn how to use them safely among savvy physicians. An integrative minded physician trained in the use of essential oils and other natural products can be a huge asset to the natural parent! Ideally, you should work collaboratively and in partnership with an integrative minded physician for the

care and treatment of your children.

Essential oils that contain significant amounts of 1,8-cineole (potentially over 50%), camphor (potentially over 20%), menthol (potentially over 25%), thujone, and methyl salicylate should be avoided at certain ages in children. Avoid the use of peppermint, rosemary, eucalyptus, ravintsara, niaouli, camphor, bay laurel, sage, Spanish sage, cardamom, spike lavender, and lavandin in children under 3, particularly around the nose and mouth. Use each of these oils very cautiously, both topically and diffused, for children up to age 5. In the case of sensitive children, it may be necessary to avoid these oils up to age 10, though this is very rare. Blends that contain these individual oils are less likely to pose a risk as other oils may balance their intensity, but the safest approach is to treat these blends the same way you would an individual oil. Avoid wintergreen topically or diffused near children under age 12. It is quite uncommon—thought to affect a very, very small minority of children—but essential oils with the above-mentioned compounds may cause adverse reactions in very young children, including central nervous system problems,[12] ,[13] ,[14] respiratory distress (difficulty breathing), nystagmus (involuntary eye movement)[15] ,[16] and toxicity,[17] ,[18] ,[19] ,[20] ,[21] ,[22] ,[23] and this reaction can occur from inhalation only.

Although the chance of these few essential oils causing harm is extremely remote, it is important to be extra cautious when it comes to the health and safety of children, and no parent wants to see his or her child experience any of these adverse reactions. Very young children, from birth to 24 months, are more likely to experience adverse reactions because their breathing and airway defensive reflexes are still maturing. One study found that when forty-four premature infants were exposed to menthol fumes they experienced altered airway resistance such as temporary cessation of breathing or a decrease in breathing rate.[24]

Some parents have found that they can use the essential oils associated with respiratory problems on children under 5. If you have used any of the oils mentioned and your child did not experience a reaction, it may be that your child is not sensitive to the compounds associated with problems. However, parents are strongly encouraged to consider alternatives that have proven to be just as effective without the risks of unintended reactions—particularly since there are so many essential oils with similar properties.

Wintergreen contains methyl salicylate, which is very similar to aspirin.

Ingesting as little as **2.5 mL** can be extremely toxic to children, and several well-documented fatalities have resulted after the ingestion of as little as **4 mL** in young children.[25] ,[26] ,[27] ,[28] ,[29] ,[30] ,[31] Wintergreen should be avoided by children under age 12 to prevent salicylate poisoning and serious adverse events.

Do not apply any of these essential oils on or near a child's face and avoid diffusing them near young children. This includes applying them on your own body in a place where they would be exposed to them. Use mild oils like copaiba, lavender, German chamomile, lemon, and frankincense instead.

Oral administration of essential oils is a parent choice—some choose to give their children essential oils orally (in a capsule, mixed with a fatty substance, in a teaspoon of honey, etc.), while others choose not to. In some cases oral administration may be unnecessary if topical or aromatic administration is effective.

If you choose to give your children essential oils orally, it should generally be reserved to children who are 6 or older, and when the child has the ability to communicate how the essential oils affect the way the child feels internally after taking the oil. This will help identify any gastrointestinal upset or discomfort that they may experience as a result. The smaller the child, the greater the risk for toxicity with oral administration. Please keep in mind that not all essential oils can be taken orally because of their chemical compounds, toxicity degree, or they may be a perfume grade not suitable for oral use. **Only take high-quality essential oils intended for therapeutic use orally.** Oils not intended for therapeutic use could cause harm if taken internally.

If your child has very sensitive skin or has allergies or a chronic skin condition, it would be best to modify the dilution ratios from teaspoons to tablespoons of carrier oil. For example, if the dilution ratio calls for 2 drops of essential oil per teaspoon, you should mix 2 drops of essential oil per tablespoon of carrier oil.

If your child is currently taking medication, review the essential oils you intend to use for interactions with those medications, and reduce the amount of essential oil recommend by half.

The preferred and recommended essential oils will vary depending on the age and weight of the child. In general, you will blend the essential oils in the carrier oil before applying them to the skin. However, you may also apply the essential oils to the skin first and then cover with the appropriate amount of carrier oil.

Once the appropriate mixture (blend) has been created, a small amount of this blend should be applied to the child. Preferred application sites include the area of discomfort, the soles of the feet, wrists, and abdomen. The face should generally be avoided. The mixture should be applied more regularly for an acute condition (3–6 times or more daily), and less often for a chronic condition (2–3 times daily). In addition, if a range is recommended for the particular condition, the higher number of drops should be used for acute conditions and the lower number for chronic conditions.

Essential Oils and Pregnancy

Pregnancy is an incredible journey filled with joy, delight, and happiness, but along with those pleasant experiences comes emotional challenges, adjustment, and discomfort. Many essential oils can be a vital part of pregnancy that can make the nine months more pleasurable. Most mothers-to-be want to take the utmost care for their precious growing baby, and therefore it is always wise to err on the side of caution when it comes to essential oils and pregnancy.

The composition of the essential oil and the method of administration determine the level of risk for an essential oil being used during pregnancy. Oral administration has the greatest potential for toxicity, followed by rectal, vaginal, and topical administration.

According to *The Merck Manual* most substances with a molecular weight of less than 500 Daltons readily cross the placenta and enter the fetus's bloodstream.[32] Since the most common essential oil molecules are less than 225 Daltons, it is logical to suspect that essential oil molecules diffuse across the placenta similarly to the way they cross other epithelial barriers.

The greatest risk to a fetus from substances that cross the placenta is during the first trimester. Substances that are known to be toxic, cause abortions, or cause birth defects should be strictly avoided during this time.

The use of essential oils during pregnancy is a very controversial, hotly debated, and convoluted subject. There are hundreds of different opinions on which essential oils are safe to use and which are not during pregnancy. Frankly, very little clinical evidence exists that essential oils cause harm to the fetus, except in extreme cases (usually an intentional attempt to induce abortion with extreme amounts of oral ingestion). However, the safety of children and women who are pregnant is not something to take lightly. The general rule among aromatherapists is that essential oils that are questionable during pregnancy

should also be avoided or used cautiously during lactation. This may be conservative, but again, what is more precious than your family and children?

Very little information exists regarding the safety of essential oils during pregnancy and lactation. Because of this, caution and common sense is advised, especially during the first trimester, with a sensible approach being to focus on essential oils that are mild (citrus oils for example) and avoid more than normal dosages. In addition, one should be very cautious with oral administration during pregnancy because it is highly likely that essential oils cross the placenta to the fetus. Knowing this, it is recommended to limit oral consumption of essential oils to a dosage range of 10 to 25 percent of the standard adult dose.

Some oils contain compounds that can be toxic and prevent conception, harm the fetus, or result in birth defects—usually when used in significant quantities. The use of the following common oils should be avoided by any method of application throughout pregnancy and while nursing: aniseed (anise), birch, blue cypress, carrot seed, camphor, cinnamon, fennel, hyssop, mugwort, myrrh, oregano, parsley seed and leaf, pennyroyal, rue, sage, tansy, thuja, tarragon, wintergreen, and wormwood.[33] ,[34] ,[35] ,[36] ,[37] ,[38] , [39] , [40] , [41] , [42] ,[43] , [44] Clove should be used cautiously as very large doses may be problematic during pregnancy. Also, essential oils with high levels of citral (geranial + neral), methyl eugenol, myristicin, estragole, and camphor should be used cautiously and in very small quantities throughout pregnancy and while breast feeding, such as lemongrass, lemon myrtle, lemon verbena, citronella, melissa, bay laurel, Spanish sage, spike lavender, ravintsara, ravensara, and nutmeg.[45] ,[46] ,[47] ,[48] While this list is comprehensive, it does not include all possible safety issues during pregnancy and nursing. It is strongly advised that lower doses (stronger dilution ratios) of mild oils are used during pregnancy and lactation and to always consult your OBGYN before using essential oils during pregnancy and lactation.

The following table is meant to be used as a guide in conjunction with your healthcare practitioner’s recommendation to determine which oils, if any, should be used during your pregnancy and while breastfeeding.

Common Essential Oils to Avoid during Pregnancy and Lactation

Aniseed (anise), basil (methyl chavicol CT), birch, blue cypress, camphor, carrot seed, cassia, cinnamon, fennel, hyssop, mugwort, myrrh, oregano, parsley seed and leaf, pennyroyal, ravensara, rue, sage, tansy (*Tanacetum vulgare)* , thuja, tarragon, wintergreen, and wormwood

Common Carrier Oils to Avoid during Pregnancy and Lactation
Borage seed oil (oral), calendula (oral), evening primrose oil (oral)
Preferred Essential Oils during the First Trimester
Balsam fir, bergamot, black pepper, cedarwood, chamomile (German, Roman), copaiba, coriander, cypress, frankincense, geranium, ginger, grapefruit, helichrysum, lavender, lemon, melaleuca (tea tree), myrtle, orange, neroli, patchouli, peppermint, petitgrain, pine, sandalwood, tangerine, vetiver, ylang ylang
Preferred Essential Oils during the Second and Third Trimester
Balsam fir, bergamot, black pepper, cedarwood, chamomile (German, Roman), clary sage, copaiba, coriander, cypress, eucalyptus (*E. globulus*, *E. radiata*), frankincense, geranium, ginger, grapefruit, helichrysum, juniper, lavender, lemon, melaleuca (tea tree), myrtle, orange, neroli, patchouli, peppermint,* petitgrain, pine, sandalwood, tangerine, thyme (linalool CT), vetiver, ylang ylang
Carrier Oils Recommended during Pregnancy
Primary : Sweet almond, apricot kernel, coconut, grapeseed, hazelnut, macadamia, peanut, safflower, sunflower, walnut
Secondary **(used in smaller quantities up to 20% of carrier oil total)** : Aloe vera, avocado, jojoba, olive, sesame, wheat germ

*Some suggest that peppermint should be avoided during the last trimester to reduce the risk of interfering with milk supply. However, clinical research using peppermint gel, peppermint water, or menthol essence on the breasts for nipple cracks and soreness during breastfeeding has not reported any adverse effect of this practice, including reduced milk supply.[49] ,[50] ,[51] Based on the available research, it is reasonable to conclude that the topical application of diluted peppermint essential oil poses little risk of drying up milk supply during the third trimester.

PREGNANCY/LACTATION RECOMMENDATIONS		
Trimester	TOPICAL DILUTION	ORAL MAXIMUM
First Trimester	**1.0%–3.0%** (1–4 drops of essential oil per teaspoon of carrier oil)	Not recommended
Second and Third Trimester	**1.0%–5.0%** (1–7 drops of essential oil per teaspoon of carrier oil)	1–10 drops total daily, which should only be mild essential oils
Unless otherwise indicated in this book.		

As a cautionary measure, it is suggested that the internal use of essential oils be

avoided during the first trimester and that dilutions of no more than 3% be used topically, particularly among women with a prior history of miscarriage. As always, do not use the same oil or oils for more than 21 days without a 7-day break to avoid sensitization and the remote possibility of tolerance buildup. Diffusion of the restricted oils during pregnancy and lactation may be safe (as it is the safest route of essential oil administration), but until this is proven definitively it may be wise to avoid diffusion of the questionable oils as well.

While I personally believe essential oils can be a wonderful part of a healthy pregnancy, the decision of which, if any, essential oils are appropriate for use during pregnancy ultimately remains solely with the mother-to-be and her OBGYN or other health-care practitioner. ***Always consult your health-care practitioner before using essential oils during pregnancy and while nursing*** .

For more information about using essential oils during pregnancy please consult Chapter 5 of *Evidence-Based Essential Oil Therapy: The Ultimate Guide to the Therapeutic and Clinical Application of Essential Oils* , which is meant to provide options for you to discuss with your health-care practitioner as you determine what is best for you and your treasured baby during this precious time of pregnancy.

Essential Oils before and after Surgery or Medical Procedures

Avoid topical and oral essential oil usage for a minimum of forty-eight hours before and up to one week (though usually two to three days is sufficient) after surgery to prevent excess bleeding or interference with anesthesia or other medications administered during the surgery/procedure. Diffusion is generally acceptable, but always seek your physician’s approval before using essential oils while under medical care or recovering from a medical procedure.

Epilepsy Cautions with Essential Oils

Those with epilepsy and who take anti-seizure medications should be very cautious with or avoid essential oils containing significant levels of camphor, methyl salicylate, pinocamphone, 1,8-cineole (eucalyptol), sabinyl acetate, fenchone, pulegone, and thujone.[52] ,[53] ,[54] Common essential oils that should be avoided by those with epilepsy, Parkinson’s disease, or who are prone to convulsions include: artemisia, bay laurel, birch, blue spruce, blue tansy, boldo, buchu, cajeput, calamint, camphor, cardamom, eucalyptus, fennel, feverfew, genipi, hyssop, lavandin, mugwort, myrtle, niaouli, pennyroyal, ravensara, ravintsara (ho leaf), rosemary, sage, savin, Spanish sage, spearmint

(pulegone-menthone-isomenthone CT), spike lavender, tansy, thuja, thyme (alpha-terpineol, linalool, and thuyanol CTs), yarrow, Western red cedar, wintergreen, and wormwood.[55] These essential oils contain compounds that could exacerbate or trigger seizures and convulsions or may interact with anti-seizure medications.

Not all potentially problematic essential oils have been listed, and those prone to seizures are advised to check GC-MS reports for the problematic compounds in essential oils they desire to use (yet another reason you should be requesting these reports from the company you choose to buy essential oils from). While peppermint is often recommended as an essential oil to avoid and contains pulegone, it is in diminutive doses, and the reported convulsions associated with pulegone were with extremely large doses—5 mL to 30 mL—of pennyroyal (up to 87 percent pulegone).[56] Moreover, administration of peppermint oil to animals did not cause seizures, and in fact demonstrated the ability to protect mice from drug-induced seizures.[57]

In younger children, the primary compound found in eucalyptus essential oil, eucalyptol (1,8-cineole), may cause convulsions, which is why it is not recommended for those under age three, and to use cautiously through age five.[58] ,[59]

In addition to the essential oils mentioned, epileptics are advised to avoid the carrier oils evening primrose oil and borage seed oil as they may lower the seizure threshold.[60] These oils should also be avoided by those with Parkinson's disease.

Essential Oils and the Eyes

Keep essential oils away from the eyes and other sensitive areas. Essential oils should never be placed directly in the eye, and great caution should be exercised when applying near the eye. Always dilute oils before applying near the eye, and they should be applied widely around the eye. Ensure that the essential oil is completely rubbed in to avoid inadvertently rubbing it into the eye itself. The orbit, or eye socket, can be used as guide by applying oils outside the orbit area, but never inside. Some reports of damaged corneal tissue, corneal abrasions, vision loss, or chemical burns have occurred from applying oils directly into the eye.[61]

Essential Oils and the Ears

Never put oils directly in the ears. Some anecdotal reports suggest that this may result in a ruptured eardrum and, at the very least, will cause severe pain. Apply copious amounts of a carrier oil directly into the ear if this occurs. The best method for ear administration is to place one to two drops of oil, possibly diluted, on a cotton ball and insert the cotton ball into the ear. Essential oils can also be carefully applied diluted around the ear and on the fleshy part of the ear.

Photosensitizing Essential Oils

Avoid sun exposure for at least twelve hours following the application of photosensitive oils—angelica, bergamot, grapefruit, lemon, lime, ginger, tangerine, and some other citrus oils. These oils contain compounds known to be phototoxic—making the skin more susceptible to damage by UV exposure. The ability of an oil to be phototoxic depends on the concentration of photosensitizing compound(s) in the oil, such as geranial, neral, bergapten, oxypeucedanin, citronellal, cinnamic alcohol, cinnamic aldehyde, and alpha-amyl cinnamic aldehyde, the amount used (dilution percentage) and the duration of exposure to UV rays or sunlight,.[62] ,[63] ,[64] Exposing your skin to UV rays or sunlight after applying a photosensitizing oil could result in pigmentation, blisters, rash, or even serious burns. The preferred place to apply photosensitizing oils is the bottoms of the feet.

Essential Oils with Thymol

Oils with high levels of the phenol thymol should not be taken orally long-term, nor in large doses. Thymol has a longer half-life—the time it takes the body to metabolize or excrete half of the dosage—than most essential oil constituents, meaning it will remain in the body longer.[65] It is recommended to avoid administering more than 16 drops per day and to discontinue use for a minimum of forty-eight hours after seven days of administration. This primarily applies to thyme, although oregano, balsam fir, goldenrod, and blue tansy all have trace to minute amounts of thymol.

Essential Oils: Kidney Transplants and Compromised Kidneys

Those with kidney disorders are more susceptible to experience nephrotoxicity (kidney damage caused by exposure to a harmful substance), and therefore, caution is warranted for both oral and topical administration. It would be wise to significantly reduce typical dosages of both methods of administration in order to reduce the risk of nephrotoxicity, particularly orally. Diffusion is generally acceptable and some physicians have approved the topical use of essential oils as

well. Check with your physician to determine his or her recommendation for essential oil use.

Medical Implants and Essential Oils

Some have expressed concerns about possible interactions between essential oils and plastic or metals implants (hip, knee, etc.). When essential oils are applied topically they will enter the bloodstream via the capillaries before they would come in contact with a medical implant. Oral use is even less of a concern, as the essential oils will be metabolized, then a portion will enter the bloodstream to be delivered to the cells and tissues that need them, not a medical implant. There has never been a documented case of essential oils causing a problem with medical implants and so this should not be a concern.

Breast Implants and Essential Oils

Some women who have undergone breast augmentation have expressed concern about the possible interaction between essential oils and breast implants. Essential oils will only penetrate a few layers deep in the breast tissue before they enter the bloodstream via the capillaries located in the breast tissue over the implant. It is highly unlikely that an essential oil (topically applied) will penetrate the dermal (and potentially muscle tissue depending on the insertion point of the implant—over or under the pectoral muscle) tissue that covers breast implants. Oral use poses even less risk of interacting with or degrading breast implants. There has never been a report of any essential oil degrading breast implants; therefore, oral and topical use of essential oils should not be a concern for those who have had breast augmentation.

Essential Oils: Immunosuppressive Drugs and Patients

Little is known concerning interactions with immunosuppressive drugs, and the simultaneous use of essential oils, and limited research has been conducted with herbs. Some immunostimulating herbs have been implicated in interfering (decreasing or enhancing the effectiveness of) immunosuppressive medications. [66] ,[67] ,[68] ,[69] ,[70] In theory, because essential oils are significantly more potent than herbs, they too could enhance or decrease the effectiveness of immunosuppressive medications, especially immunostimulating essential oils. Until research suggests otherwise, it is prudent to avoid the use of essential oils orally, and be very cautious with the topical application of essential oils, especially among those who are taking medications to prevent the rejection of transplanted organs and tissues. Seek your physician’s approval before using

essential oils in this case.

Essential Oils during Chemotherapy and Cancer Treatment

Another poorly understood potential interaction is the simultaneous use of essential oils with chemotherapy and radiation treatment for cancer. Presently, evidence does not exist as to whether the immune mechanisms and other pharmacological activity of essential oils could potentiate or interfere with conventional cancer treatment. One review of 280 articles concluded that "nonprescription antioxidants and other nutrients do not interfere with therapeutic modalities for cancer."[71] In fact, the study found just the opposite, that antioxidant supplementation enhanced the ability of cancer therapy to kill cancerous cells and increased patient survival rate. A conflicting review determined that high-dose antioxidant supplementation interfered with tumor control by conventional cancer therapies and reduced survival rates of patients. [72]

It is widely known that essential oils can enhance the penetration of other substances through the skin, but the interaction of essential oils with the range of cancer drugs used is still unanswered. Because of this, it is recommended to avoid the use of essential oils topically and orally for a minimum of forty-eight hours prior to treatment and four to seven days following chemotherapy or radiation treatment. Most chemotherapy drugs will exit the system within three days of use, despite the fact that side effects continue long after this due to associated tissue and organ damage.

Inhalation of essential oils can greatly benefit the nausea and discomfort often associated with cancer treatments.[73] It is strongly recommended that you discuss the possibility of inhaling essential oils (like lemon, peppermint, ginger, and spearmint) during your treatments. These oils can simply be added to a cotton ball and placed in an oxygen mask or inhaled directly from the cotton ball. Likewise, personal care products that contain small amounts of essential oils are acceptable when undergoing cancer treatment.

Is It Possible to Build a Tolerance to Essential Oils?

Many aromatherapists suggest, as do I, limiting the use of the exact same oil or oils to twenty-one days before taking a one-week break. This is recommended for two reasons. One, this reduces the risk of sensitization to the essential oil or oils that you are using. And, two, this reduces the chance that your body will develop a resistance or tolerance to the effectiveness of the essential oils you are

using.

Bacteria readily develop resistance against drugs, which expose bacteria to the exact same chemical composition each time allowing for adaptation. The bacteria does this to preserve its existence. However, this has not been observed frequently with natural plant extracts, whether from herbs or essential oils. This is because plant extracts, including essential oils, naturally have chemical and structural variance that limits the ability of the bacterium to adapt and become resistant.[74] ,[75] ,[76] ,[77] This is why it is very rare for resistance to be reported among plant extracts.[78] ,[79]

Despite resistance being a remote possibility, some users have reported that the long-term use of the same essential oils has resulted in reduced efficacy. While it may be that the person's health condition progressed to cause a decrease in effectiveness, the rotation of essential oils still has merit. Herbal remedies have been rotated in a similar manner for centuries to maintain their effectiveness.

Essential Oil Use with Medications

Essential oils work in harmony with the human body; however, with all potent substances, caution and common sense is required. Some essential oils (as well as blends and supplements that contain them) have the potential to interact with medications and/or are contraindicated with certain health conditions. If you take medications while using essential oils, you should check with your doctor or pharmacist for possible interactions or contraindications before using essential oils at the same time.

Some choose to use medications and essential oils concurrently. If you chose to do so, it is best to use essential oils approximately four hours following the administration of medications and to reduce the normal (or recommended) essential oil dose by half.

Although every effort has been made to find drug interactions, known cautions, and contraindications with essential oils, the list may not include every possible caution required. Consequently, always check with your doctor or pharmacist before using medications and essential oils together.

The following list is meant to be used as a guide to known drug interactions and contraindications with essential oils. It is not all-encompassing; consequently, always check with your doctor or pharmacist before using medications and essential oils together.

CAUTIONS AND POSSIBLE DRUG INTERACTIONS
Essential Oil

Cautions and Drug Interactions

BALSAM FIR
Abies balsamea

- May weakly interfere with the enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[80]

BASIL, SWEET CT LINALOOL
Ocimum basilicum

- May interfere with enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[81] ,[82]
- May interact with aspirin, blood pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders.[83]
- May inhibit MAO enzymes and increase the risk of hypertension, tremors,

confusion, muscle twitching, irritable mood, and diarrhea (methyl chavicol CT).[84]

- May interact with diabetic medications and cause hypoglycemia.[85]
- Do not take the estragole CT orally due to very high methyl chavicol (estragole) content—up to 86%,[86] which is a known animal carcinogen.[87] ,[88] The methyl chavicol (estragole) CT should also be avoided by all methods of administration by children through age 5, and during pregnancy and nursing.
- May interact with antibiotics or antifungal drugs and possibly enhance their effects based on eugenol, methyl eugenol, estragole, or linalool content.[89] ,[90] ,[91]

BLUE SPRUCE
Picea pungens

- Use very cautiously with children under 6 due to potentially high camphor content. Several cases of camphor poisoning and/or seizures from ingestion and topical application have been reported in children.[92] ,[93] Ingestion of camphor-containing products has been lethal in children under age 2.[94] Children 5 years and up may use camphor-containing essential oils topically in dilutions no stronger than 5%.
- Caution is warranted during pregnancy and while lactating due to potentially high camphor content. Ingestion of essential oils with significant levels of camphor may lead to abortion because fetuses lack the enzymes to process it.[95] Camphor ingestion by infants and young children may cause cough, vomiting, seizure, burning sensation in the mucous membranes and eyes, or lack of voluntary coordination of muscle movements.[96]
- Avoid with epilepsy and Parkinson's due to potentially high camphor content.[97] ,[98] ,[99]
- Oral—Essential oils with significant levels of camphor can be toxic when taken orally. Camphor can be toxic when taken orally (usually single doses exceeding 2 mL), although the lethal dose for humans is estimated to be more than 5 mL in a single dose.[100] ,[101] ,[102] ,[103] ,[104] ,[105] ,[106] ,[107] ,[108]
- The potentially high camphor content in blue spruce may negatively impact red blood cells and increase the risk of jaundice in children with Glucose-6-phosphate dehydrogenase deficiency (G6PD).[109] ,[110]

BLUE TANSY
Tanacetum annuum

- May interfere (low risk) with the enzymes responsible for drug metabolism (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[111]
- The potentially high camphor content in blue tansy may negatively impact red blood cells and increase the risk of jaundice in children with Glucose-6-phosphate dehydrogenase deficiency (G6PD).[112] ,[113]
- Avoid with epilepsy and Parkinson's disease due to camphor content (moderate risk). May exacerbate or cause seizures or convulsions based on camphor content.[114] ,[115]

CEDARWOOD
Cedrus atlantica, Cedrus deodara

- None currently known.

CINNAMON BARK
Cinnamomum verum, Cinnamomum zeylanicum

- Avoid during pregnancy and lactation. Several studies have tested the major compounds of cinnamon and cassia essential oils with pregnant animals, and the results have been inconsistent. Therefore, it is advised to avoid essential oils with significant quantities of cinnamaldehyde during pregnancy until further research is conclusive.[116] ,[117] ,[118]
- May interact with aspirin, blood pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders.[119] ,[120] ,[121]
- May interfere with enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[122] ,[123]
- May interact with diabetes medications and cause low blood-sugar levels. [124] ,[125] ,[126]
- May interact with antibiotics and possibly enhance their effects.[127] ,[128]
- May irritate mucous membranes (eyes, mouth, nasal passages, vagina,

rectum).
- Topical application (significant dilution strongly encouraged). Cinnamon and cassia are very high in cinnamaldehyde, which is very irritating to the skin and prone to cause severe reactions.[129]

CISTUS
Cistus ladanifer, Cistus ladaniferus

- None currently known.

CLARY SAGE
Salvia sclarea

- Clary sage contains the phytoestrogen sclareol, which can either block or mimic the action of estrogen according to current knowledge. Some aromatherapists have contraindicated clary sage with estrogen-dependent cancers because of this. However, the available research does not suggest that clary sage increases the risk of estrogen-dependent cancers.[130] ,[131] ,[132] ,[133] ,[134] In fact, one study determined that while the presence of estradiol increased breast cancer cell proliferation with or without phytoestrogens, when only phytoestrogens were present breast cancer cell apoptosis increased.[135] Another study found that the dietary phytoestrogen genistein (from soy) reversed BRCA1 gene deficiency—the dysfunction of which is strongly associated with breast cancer—and triggered the expression of apoptosis-related genes.[136]
- Another concern with sclareol is that it may interfere with hormone replacement therapy. Theoretically clary sage could increase estradiol levels and potentiate the action of estrogen-replacement drugs. Because sclareol exerts much weaker estrogenic effects than the hormones administered during hormone replacement therapy, it is highly unlikely that it will interact with hormone-replacement therapy. In general, phytoestrogens are balancing in nature, but women who are undergoing hormone replacement therapy should have their estradiol levels checked regularly and consult with a physician before using clary sage.
- Avoid with barbiturates. Some evidence suggests that clary sage may increase the sedating effects of barbiturates like hexobarbital.[137]

CLOVE
Syzygium aromaticum, Eugenia caryophyllata

- Caution with pregnancy and lactation. Animal studies suggest that large doses of clove may negatively impact embryonic development and encourage fetal cell death. Another animal study did not detect any negative influence of clove oil.[138] ,[139] ,[140] Based on these studies it is best to limit clove oil during pregnancy and lactation.
- May interact with aspirin, blood pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders.[141] ,[142] ,[143] ,[144]
- May interact with MAOI antidepressants. Animal research suggests that eugenol produces antidepressant effects via the monoamine oxidase pathway, which may cause interactions with antidepressants that also interact with this pathway.[145]
- May interact with antibiotics and possibly enhance their effects.[146]
- May interfere with enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics) based on eugenol content.[147]
- May interact with anticholinergic (drugs used for asthma, incontinence, gastrointestinal cramps, muscular spasms, depression, and sleep disorders) and cholinergic medications (drugs used to reduce urinary retention, diagnose myasthenia gravis, and for glaucoma) based on AChE inhibitory activity of eugenol.[148]
- May irritate mucous membranes (eyes, mouth, nasal passages, vagina, rectum).[149]
- Extreme oral doses (greater than 5 mL in a single dose) of clove have caused toxicity and serious adverse events (usually liver failure).[150] , [151] ,[152] ,[153] Typical doses of clove oil should not cause the same problem nor be a concern.

COPAIBA
Copaifera langsdorffi, Copaifera langsdorffii, Copaifera officinalis

- None currently known.

CYPRESS *Cupressus sempervirens*

- May interact with aspirin, blood pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding

disorders.[154]

EUCALYPTUS
Eucalyptus globulus, Eucalyptus radiata

- Avoid with children under age 3, particularly around the nose and mouth. Use very cautiously in children under age 5 due to high 1,8-cineole content. 1,8-cineole may cause seizures, central nervous system problems, or respiratory distress in young children.[155] ,[156] ,[157]
- Avoid with epilepsy and Parkinson's disease due to 1,8-cineole content. May exacerbate or cause seizures or convulsions based on 1,8-cineole content.[158] ,[159] ,[160]
- Caution is warranted orally due to the significant amounts of 1,8-cineole. Limit it to small doses internally (adults—maximum 10 drops daily). One text recommends a maximum daily dose of 6 drops.[161] Toxicity has been reported when eucalyptus (also high in 1,8-cineole) was ingested in large doses, and as few as 4 to 5 drops may cause problems in very sensitive individuals.[162] ,[163] ,[164] ,[165] ,[166] ,[167] In humans, 3.5 to 5 mL has proven fatal orally.[168]
- May weakly interfere with the enzymes responsible for metabolizing medications based on research with an herbal extract (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[169]
- May interact with diabetic medications. Studies suggest that coriander significantly lowers glucose in animals, which may increase the action of diabetic medications.[170]
- May interact with aspirin, blood-pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders.[171]
- May interfere with pentobarbital and other barbiturates (medications for anxiety and insomnia) based on 1,8-cineole content.[172] ,[173]
- May interact with antibiotics and increase their antimicrobial activity.[174] ,[175]
- May interact with fluorouracil (a topical medication used from skin cancer and keratosis), and enhance its penetration through the skin.[176]

FENNEL
Foeniculum vulgare

- Use with caution and highly diluted for children under 6 due to methyl chavicol and trans-anethole content (methyl chavicol and trans-anethole CTs).[177]
- Long-term oral use (fennel tea) may cause premature breast development in very young girls—usually under age 2. Long-term oral use is not recommended for children under age 12.[178]
- Avoid during pregnancy and lactation. Large doses of fennel may be toxic to fetal cells based on animal research.[179] ,[180] Nephrotoxicity (kidney toxicity) has been reported in infants whose mothers drank an herbal tea that contained fennel.[181]
- Oral caution (methyl chavicol CT). Significant amounts of the cancer-causing compound methyl chavicol (estragole) can be found in fennel (methyl chavicol CT); however, research suggests that other compounds in this CT may inactivate the cancer-causing potential of methyl chavicol. Nevertheless, it would be wise to limit oral consumption of the methyl chavicol CT to no more than 5 drops daily as a precaution.[182] ,[183] , [184]
- Avoid with epilepsy and Parkinson's due to fenchone content.[185] ,[186]
- May interact with aspirin, blood-pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders.[187] ,[188] ,[189] ,[190]
- May interact with diabetes medications and cause low blood sugar.[191]
- Fennel contains significant amounts of the phytoestrogen trans-anethole. Anethole exhibits weak estrogenic activity[192] and many aromatherapy texts suggest to avoid fennel with endometriosis, oral contraceptives, hormone replacement therapy, and estrogen-dependent cancers because of this. However, research suggests that anethole may promote destruction (apoptosis) of cancer cells—including both estrogen-positive and estrogen-negative breast cancer cells—and phytoestrogens are generally balancing with the ability to either mimic or block the action of estrogen according to current knowledge.[193] ,[194] In addition, anethole reduced painful uterine contractions in the rat uterus.[195] A follow up clinical study confirmed the animal results, and suggests that fennel essential oil reduces painful menstruation and excess menstrual bleeding, and relaxes the smooth muscles of the uterus.[196] Lastly, another study found that 97.5% of women treated with a traditional Chinese medicine formula containing

fennel and cordyceps experienced improvements in their endometrial symptoms.[197] Based on this, reasonable doses pose little risk of interaction or contraindication.

- May interfere with fluoroquinolone antibiotics according to research with fennel herb in animals.[198]
- May interact with antibiotics or antifungal drugs and possibly enhance or decrease their effectiveness based on trans-anethole and estragole content. [199]
- May interact with ibuprofen and enhance its anti-inflammatory activity. [200]
- May interfere with the enzymes responsible for metabolizing medications based on research with an herbal extract (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[201]

FRANKINCENSE
Boswellia carterii, Boswellia carteri, Boswellia sacra, Boswellia frereana, Boswellia papyrifera, Boswellia serrata

- May interfere with the enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[202]

GERANIUM
Pelargonium graveolens, Pelargonium capitatum, Pelargonium x aspermum, Pelargonium radens

- May interfere with the enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[203]
- May interact with diabetes medications and cause low blood sugar.[204]
- May interact with antibiotics and/or antifungals and possibly increase their effectiveness.[205] ,[206] ,[207] ,[208] ,[209] ,[210]
- Dilution recommended for topical application. Geraniol is metabolized and autoxidized into metabolites like geranial and neral and may cause sensitization and irritation when applied topically.[211]

GERMAN CHAMOMILE
Matricaria recutita, Matricaria chamomilla, Chamomilla recutita

- May interfere with the enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[212]
- May interact with aspirin, blood-pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders.[213] ,[214] ,[215]

GINGER
Zingiber officinale, Amomum zingiber

- May interact with aspirin, blood-pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders.[216] ,[217]
- May interfere with the enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[218]
- Theoretically ginger may be mildly photosensitizing due to curcumanoid content, though this is highly unlikely (very, very low risk).[219] ,[220] , [221]

GOLDENROD
Solidago canadensis

- None currently known.

GRAPEFRUIT
Citrus paradisi, Citrus paradisii

- May be mildly photosensitizing. Avoid sun exposure to area of application for at least twelve hours after topical application. Grapefruit essential oil contains very small amounts of the photosensitizing compounds bergapten, bergamottin, and epoxy-bergamottin.[222] ,[223] ,[224] ,[225] ,[226]
- A very common question is whether grapefruit essential oil interferes with

medications like grapefruit juice. The juice contains considerable amounts of furanocoumarin derivatives (bergamottin, bergapten, and dihydroxybergamottin) and flavonoids, which significantly interfere with enzymes that metabolize medications.[227] ,[228] While grapefruit essential oil contains bergapten, bergamottin, and epoxybergamottin (flavonoids are not present in the oil), they are in very small amounts and are weak inhibitors of enzymes. It is highly unlikely that grapefruit oil will interfere with the enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[229] ,[230] ,[231] ,[232]

HELICHRYSM
Helichrysum italicum, Helichrysum angustifolium

- None currently known.

JUNIPER BERRY
Juniperus communis, Juniperus communis ssp. alpina, Juniperus alpina, Juniperus canadensis Lodd. Ex Burgsd.

- Some aromatherapy texts suggest that juniper should be avoided with serious kidney disorders because it may irritate the kidneys. However, scientific research to support this assertion is unconvincing, and in fact suggests that juniper protects the kidneys and supports kidney function. [233] ,[234] ,[235]
- May interact with diuretic drugs and promote increased production of urine according to animal research.[236]
- May interact with diabetic medications and promote low blood sugar according to animal research that used ethanolic extracts.[237]

LAVENDER
Lavandula angustifolia, Lavandula officinalis

- May interact with antifungal drugs and enhance their effectiveness based on linalool content.[238]
- May interact with antibiotics and enhance their effectiveness (terpinen-4-ol rich, like Munstead lavender).[239]

LEMON
Citrus limon

- May be photosensitizing (cold-pressed/expressed). Avoid sun exposure to area of application for at least twelve hours after topical application.[240] , [241] ,[242]
- May interact with anticholinergic (drugs used for asthma, incontinence, gastrointestinal cramps, muscular spasms, depression, and sleep disorders) and cholinergic medications (drugs used to reduce urinary retention, diagnose myasthenia gravis, and for glaucoma) based on AChE inhibitory activity.[243]

LEMONGRASS
Cymbopogon flexuosus, Cymbopogon citratus

- Caution is advised during pregnancy and lactation due to high citral and beta-myrcene content. Large doses of citral may negatively affect fetal development according to animal studies.[244] Extremely high doses of beta-myrcene have been toxic to fetuses according to animal research.[245]
- There is a moderate risk that when lemongrass is taken orally it may interfere with enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[246] ,[247] ,[248] ,[249]
- Use cautiously with diabetic medications. Large oral doses of citral may improve insulin sensitivity and lower blood-glucose levels according to animal research.[250] ,[251]
- May interact with antibiotics and possibly enhance their effects.[252]
- There is a moderate risk that lemongrass may interfere with pentobarbital and other barbiturates (medications for anxiety and insomnia) based on citral and myrcene content—particularly West Indian lemongrass that may be rich in myrcene.[253]
- Dilution is recommended for topical application due to high citral content.

LIME
Citrus aurantifolia

- May be photosensitizing (cold-pressed/expressed). Avoid sun exposure to area of application for at least twelve hours after topical application.
- May interfere with enzymes responsible for metabolizing medications

(NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[254]

- May interact with anticholinergic (drugs used for asthma, incontinence, gastrointestinal cramps, muscular spasms, depression, and sleep disorders) and cholinergic medications (drugs used to reduce urinary retention, diagnose myasthenia gravis, and for glaucoma) based on AChE inhibitory activity.[255] ,[256]

MARJORAM
Origanum majorana, Majorana hortensis, Origanum dubium

- May interact with anticholinergic (drugs used for asthma, incontinence, gastrointestinal cramps, muscular spasms, depression, and sleep disorders) and cholinergic medications (drugs used to reduce urinary retention, diagnose myasthenia gravis, and for glaucoma) based on AChE inhibitory activity.[257]
- May interact with antifungals and increase their effectiveness due to terpinen-4-ol content.[258]

MELALEUCA (TEA TREE)
Melaleuca alternifolia

- May interact with antibiotics antifungal drugs and increase or decrease their effectiveness due to terpinen-4-ol content, and based on research using the whole essential oil.[259] ,[260] ,[261]
- A number of medical references and aromatherapy texts suggest oral administration of tea tree oil is contraindicated. Large doses, usually more than 10 mL (and up to 70 mL) in a single dose, have caused toxicity, and one case of toxicity was reported with an unidentified “small quantity” of tea tree oil in a 4-year old boy. Based on the amounts ingested, and the fact that ingestion of oils is not recommended for children under age 6, it is unlikely that tea tree oil will cause problems orally except in the case of very small children who ingest significant quantities.[262] ,[263] ,[264] , [265]

MYRRH
Commiphora myrrha, Commiphora molmol

- Avoid during pregnancy and lactation. Myrrh usually contains up to 10% beta-elemene, which may prevent the formation of blood vessels necessary for fetal development according to animal research.[266] ,[267]

MYRTLE
Myrtus communis

- Some aromatherapy texts suggest to be cautious with the oral administration of myrtle because it may contain methyl chavicol (estragole) and methyl eugenol. These compounds (normally less than 1.0% of each in myrtle) may potentially cause cancer in very large amounts.[268] ,[269] However, animal research suggests that it takes extreme amounts (6.6 mL/kg) for ten to twenty-one days to cause liver toxicity.[270] The same study concluded that daily intake of 1 to 2 mL of myrtle by humans is too low to cause liver problems. Based on the available evidence reasonable oral doses of myrtle pose very little risk.
- Avoid with epilepsy and Parkinson's due to 1,8-cineole content.[271] ,[272] ,[273]
- May interfere with pentobarbital and other barbiturates (medications for anxiety and insomnia) if 1,8-cineole content is high.[274] ,[275]
- May interact with diabetes medications and cause low blood sugar.[276]
- May weakly interfere with the enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics) due to 1,8-cineole content.[277] ,[278] ,[279]
- May interact with antibiotics and increase their effectiveness.[280]
- While myrtle can contain up to 40.4% 1,8-cineole, it has not been associated with the same respiratory distress problems in young children as eucalyptus has.

NUTMEG
Myristica fragrans

- Avoid nutmeg use in children under 6, and use cautiously with children through age 12. Children are more susceptible to nutmeg toxicity, which can produce dry mouth, flushing, irregular heart rhythm, tremors, agitation, and delirium.[281] ,[282] ,[283]

- Avoid oral use and use cautiously topically during pregnancy and lactation due to myristicin and safrole content, particularly East Indian nutmeg, that has higher levels of myristicin and safrole. Animal research suggests that higher doses of safrole or myristicin (0.01 mL/kg every two days while nursing, and 0.001 to 10 mg while pregnant) taken orally during pregnancy and while nursing may cause liver toxicity in offspring born to the mother and increase the offspring's risk of liver cancer.[284] ,[285]
- Long-term oral use of small doses (1 to 6 drops) for more than twenty-one days without at least a seven-day break and single large doses (5 g or more of the whole herb) should be avoided due to the psychotropic activity of nutmeg, as well as its constituents methyl eugenol and safrole. Safrole and methyl eugenol can be toxic in large doses.[286] ,[287] ,[288] Myristicin is believed to be at least partially responsible for the psychotropic (a substance capable of affecting the mind, emotions, and behavior) effects of nutmeg; although it is likely a combination of more than one component of nutmeg oil that produces this effect. Large doses of nutmeg with high myristicin content (5 g in a single dose), and long-term use of as few as 120 mg of the whole herb daily may produce a psychotropic (hallucinations, anxiety, fear, and delusions) effect in adults.[289] ,[290] In addition, scientists suspect nutmeg may be chemically modified once ingested to amphetamine-like compounds, though this has not been proven conclusively.[291]
- May interact with psychotropic medications—medications prescribed for anxiety, depression, schizophrenia, mania, obsessive-compulsive disorder, ADHD, and bipolar disorder.[292]
- May interact with monoamine oxidase inhibitors (MAOIs)—medications prescribed for the treatment of depression.[293]
- May interfere with enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[294] ,[295] ,[296]
- There is a moderate risk that East Indian nutmeg may interact with aspirin, blood pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders (low risk) based on safrole content.[297]

ORANGE

Citrus sinensis

- None currently known. Sweet orange is considered nonphotosensitizing and devoid of photosensitizing compounds according to the available research.[298] ,[299]

OREGANO

Origanum vulgare, Origanum compactum, Origanum hirtum, Origanum syriacum, Origanum onites

- Avoid during pregnancy and lactation. Oregano may negatively affect embryonic development and encourage fetal cell death according to animal research.[300]
- May irritate mucous membranes (eyes, mouth, nasal passages, vagina, rectum).
- May interact with diabetic medications and cause low blood-sugar levels.[301]
- May interact with aspirin, blood-pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders.[302] ,[303]
- May interact with antibiotics and possibly enhance their effects.[304] ,[305]
- *O. syriacum* (Syrian) Thymol CT: Oral caution. Syrian oregano may be rich in thymol, whic has a longer half-life (the time it takes for half of the medication to metabolize or excrete half of the dosage) than most essential oil constituents and should not be administered orally for long periods of time.[306] Thymol is a monoterpene phenol. Reports of fatalities in children who consumed 50 to 200 mg of phenols has been reported.[307] Limit this CT to 10 drops per day orally for adults with a two- to seven-day break after twenty-one days of use.
- May interact with anticholinergic (drugs used for asthma, incontinence, gastrointestinal cramps, muscular spasms, depression, and sleep disorders) and cholinergic medications (drugs used to reduce urinary retention, diagnose myasthenia gravis, and for glaucoma) based on thymol and carvacrol content.[308]

PEPPERMINT

Mentha piperita

- Avoid in children under age 3 and use cautiously in children under 6, particularly near the face or nose. Essential oils high in menthol and 1,8-cineole content may cause respiratory distress or breathing problems in very young children.[309] ,[310] ,[311] ,[312]

- The menthol content in peppermint may negatively impact red blood cells and increase the risk of jaundice in children with glucose-6-phosphate dehydrogenase deficiency (G6PD).[313] ,[314]
- Avoid use in those with ventricular fibrillation (a severely abnormal heart rhythm). Oral use of peppermint may destabilize the heart rhythm based on menthol content.[315]
- Avoid use in those with iron-deficiency and iron-deficiency anemia. Animal research suggests that peppermint may decrease iron absorption and therefore aggravate iron-deficiency symptoms and anemia.[316]
- May interact with cyclosporine (a medication used to suppress the immune system and avoid transplant rejection) and possibly other immunosuppressants. Very large doses of peppermint may enhance the bioavailability of cyclosporine, increase blood levels of the drug, and intensify its immune-suppressing activity.[317] ,[318]
- Extremely large doses of peppermint (greater than 5 mL daily) may interact with codeine and significantly reduce its pain relieving effect based on animal research.[319]
- Extremely large doses of peppermint (greater than 5 mL daily) may interact with pentobarbital (a medication for anxiety, insomnia, and epilepsy) and midazolam (a drug used before surgery to encourage relaxation and sleepiness) and prolong the sleeping effect based on animal research.[320]
- May interact with fluorouracil (a topical medication used from skin cancer and keratosis), and enhance its penetration through the skin.[321]
- May possibly interact with the antibiotics or antifungals and enhance or decrease antimicrobial activity.[322] ,[323] ,[324]
- May weakly interfere with enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[325] ,[326] ,[327]
- May interact with caffeine due to menthol content. Menthol slows the absorption rate of caffeine.[328]
- May irritate mucous membranes (eyes, mouth, nasal passages, vagina, rectum).
- Use with caution with gastroesophageal reflux disease (low risk). Peppermint relaxes smooth muscles and may relax the lower esophageal sphincter muscle. Relaxation of this sphincter may increase heartburn and acid reflux symptoms. This appears to be isolated to sensitive individuals. [329] ,[330]

- Some have suggested that peppermint oil should be limited orally because very large doses of menthofuran, pulegone, menthone, and menthol can be toxic to the liver.[331] ,[332] ,[333] ,[334] ,[335] But it takes a very extreme amount of peppermint oil ingestion to cause fatalities in animals, and the equivalent of about 10 to 20 drops daily has been used in studies for irritable bowel syndrome, and up to 8 mL per liter of water has been administered through the rectum during a colonoscopy.[336] ,[337] ,[338] , [339] Based on this information it can be concluded that reasonable doses of peppermint pose little risk of actual toxicity.

PINE
Pinus sylvestris

- None currently known.

ROSEMARY
Rosmarinus officinalis

- Avoid with children under age 3, particularly around the nose and mouth (1,8-cineole CT and camphor CT). Use very cautiously in children under age 5 due to high 1,8-cineole and camphor content. 1,8-cineole may cause seizures, central nervous system problems, or respiratory distress in young children.[340] ,[341] ,[342] Several cases of camphor poisoning and/or seizures from ingestion and topical application have been reported in children.[343] ,[344] Ingestion of camphor-containing products has been lethal in children under age 2.[345] Children 5 years and up may use camphor-containing essential oils topically in dilutions no stronger than 5%. 1,8-cineole may cause seizures, central nervous system problems, or respiratory distress in young children.[346] ,[347] ,[348]
- Caution is warranted during pregnancy and while lactating due to potentially high camphor content (1,8-cineole CT and camphor CT). Ingestion of essential oils with significant levels of camphor may lead to abortion because fetuses lack the enzymes to process it.[349] Camphor ingestion by infants and young children may cause cough, vomiting, seizure, burning sensation in the mucous membranes and eyes, or lack of voluntary coordination of muscle movements.[350]
- Caution is warranted orally due to the significant amounts of 1,8-cineole and camphor content. Limit it to small doses internally (adults—maximum 10 drops daily). Toxicity has been reported when eucalyptus (also high in

1,8-cineole) was ingested in large doses, and as few as 4 to 5 drops may cause problems in very sensitive individuals.[351] ,[352] ,[353] ,[354] , [355] ,[356] Doses between 0.1 and 1.0 mL (3 to 30 drops) have been used in studies.[357] Essential oils that contain significant amounts of camphor can be toxic when taken orally (usually single doses exceeding 2 mL), although the lethal dose for humans is estimated to be more than 5 mL in a single dose.[358] ,[359] ,[360]

- Avoid with epilepsy and Parkinson's disease due to 1,8-cineole and camphor content. May exacerbate or cause seizures or convulsions based on 1,8-cineole content.[361] ,[362] ,[363]
- The potentially high camphor content in various rosemary CTs may negatively impact red blood cells and increase the risk of jaundice in children with Glucose-6-phosphate dehydrogenase deficiency (G6PD). [364] ,[365]
- May interfere with enzymes that metabolize medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[366] ,[367]
- May interfere with pentobarbital and other barbiturates (medications for anxiety and insomnia) based on 1,8-cineole content.[368] ,[369]
- Avoid with those who have a compromised liver due to the risk of increased liver enzymes and liver damage (camphor CT).[370]
- May interact with diabetic medications (1,8-cineole CT) due to the ability of 1,8-cineole to significantly inhibit alpha-glucosidase activity when synergized by other components (alpha-pinene and betapinene).[371] ,[372] ,[373] Alpha-glucosidase is an enzyme that breaks down carbohydrates by chemical reaction with water. Inhibiting its activity postpones glucose absorption and therefore the impact of carbohydrates on blood sugar levels.
- May interact with antibiotics and decrease their effectiveness by competing for primary target sites on cells.[374]
- Very large oral doses (1.54 mL) may interact with the pain-relievers codeine and paracetamol and increase their analgesic effects.[375]

SANDALWOOD

Santalum album, Santalum paniculatum, Santalum spicatum, Santalum austrocaledonicum

- West Australian sandalwood (*S. spicatum*) may interfere (very low risk) with enzymes responsible for metabolizing medications based on alpha-

bisabolol content (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[376]
- West Australian sandalwood may interact with antibiotics and/or antifungals and possibly increase their effectiveness based on farnesol content.[377]

SPRUCE (BLACK)
Picea mariana
- None currently known.

THYME CT THYMOL
Thymus vulgaris, Thymus zygis
- Oral caution. Some thyme chemotypes contain up to 72.9% thymol. Thymol has a longer half-life (the time it takes for half of the medication to metabolize or excrete half of the dosage) than most essential oil compounds and should not be administered orally for long periods of time.[378] Thymol is a monoterpene phenol. Reports of fatalities in children who consumed 50 to 200 mg of phenols has been reported.[379] It is recommended that chemotypes with high levels of thymol be limited to 10 drops per day orally for adults with a two- to seven-day break after twenty-one days of use.
- Avoid with epilepsy or Parkinson's disease due to 1,8-cineole content (alpha-terpineol, linalool, and thuyanol CTs). May exacerbate or cause seizures or convulsions based on 1,8-cineole content.[380] ,[381] ,[382]
- May interact with aspirin, blood-pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders.[383] ,[384] ,[385]
- May interfere with enzymes that metabolize medications (NSAIDs, proton-pump inhibitors, acetaminophen, antiepileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics).[386] ,[387] ,[388]
- May interact with anticholinergic (drugs used for asthma, incontinence, gastrointestinal cramps, muscular spasms, depression, and sleep disorders) and chlorogenic medications (drugs used to reduce urinary retention,

diagnose myasthenia gravis, and for glaucoma) based on thymol and carvacrol content.[389]
- May interact with antibiotics and possibly enhance their effects.[390] ,[391] ,[392] ,[393] ,[394]
- May irritate mucous membranes (eyes, mouth, nasal passages, vagina, rectum).
- Dilution recommended for topical application with the geraniol, linalool, and carvacrol chemotypes. Geraniol is metabolized via the CYP450 pathway into metabolites such as geranial and neral and may cause sensitization and irritation when applied topically.[395]

TSUGA
Tsuga canadensis, Pinus canadensis

- None currently known.

VETIVER
Vetiveria zizanioides, Anatherum zizanioides, Chrysopogon zizanioides, Phalaris zizanioides

- None currently known.

WINTERGREEN
Gaultheria procumbens, Gaultheria fragrantissima, Gaultheria yunnanensis

- Avoid with children under age 12. The high salicylate content in birch may increase the risk of a very serious and life-threatening illness called Reye syndrome in children under 12. Reye syndrome is sudden brain damage and liver dysfunction that most commonly occurs in children ages 4 to 12. It has an unknown cause, but it has been seen in children who were given aspirin when they had chicken pox or flu.[396]
- Oral caution—As little as 2.5 mL can cause toxicity and 4 mL may be fatal in children. As little as 5 mL could result in methyl salicylate poisoning in adults and more than 5 mL can be fatal.[397] ,[398] ,[399] ,[400] ,[401] Do not exceed 5 drops per day orally for an adult.
- Do not use during pregnancy or lactation. May cause congenital abnormalities and fetal malformations.[402] ,[403]
- Avoid with epilepsy and Parkinson’s disease due to methyl salicylate content.[404] ,[405]
- May interact with aspirin, blood-pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding

disorders both topically and orally.[406] ,[407] ,[408] ,[409]

- Toxicity may occur with overuse topically and the absorption of methyl salicylate increases with repeated applications.[410] Not intended for long-term use.
- Avoid orally with gastroesophageal reflux disease (GERD). May cause accumulation of fluid in the larynx (laryngeal edema) and lead to airway obstruction in sensitive individuals.[411]
- Avoid in individuals allergic to aspirin, methyl salicylate, or other NSAIDs. Methyl salicylate may be metabolized to the known NSAID, salicylic acid, by the liver.[412]

YLANG YLANG COMPLETE
Cananga odorata

- Dilution is recommended as ylang ylang is commonly reported to cause skin sensitization or irritation.

Methods of Application

TOPICAL APPLICATION

Topical administration of essential oils requires care, and often dilution, due to the potentially irritating, sensitizing, and photosensitizing compounds contained in essential oils. The evidence-based model allows for neat to highly diluted topical applications according to your comfort level, propensity to sensitivity, and current state of health.

Once applied to the skin, essential oil compounds rapidly penetrate the tissues and enter the bloodstream quickly, circulating throughout the body. Scientists suspect that compounds below 500 to 600 Daltons in molecular weight readily cross the skin layers and are absorbed by the body.[413] Since most essential oil compounds are well below this threshold, penetration of and entrance into the bloodstream by these compounds is logical.

Because cells are surrounded with a lipid membrane, essential oils are attracted to and able to penetrate the cell membrane to deliver nutrients to the cell nucleus.[414] ,[415] ,[416] ,[417] ,[418] This suggests that essential oils can affect cell function and behavior, thus influencing overall well-being. At the same time, the aroma of the essential oil that is inhaled travels to the limbic

system where a cascade of psychophysiological effects is triggered in response.

Molecular Weight of Common Essential Oil Compounds	
Alpha-pinene	136.2
Beta-pinene	136.2
Bisabolol Oxide A	238.4
Carvacrol	150.2
Cinnamaldehyde	132.2
Eugenol	164.2
Limonene	136.2
Linalool	154.3
Menthol	156.3
Thymol	154.3

Molecular Weight of Common Vegetable Oil Fatty Acids	
Arachidic Acid ***Jojoba Oil***	312.5
Lauric Acid ***Coconut Oil***	200.3
Linoleic Acid ***Grapeseed Oil, Sesame Oil***	280.5
Oleic Acid ***Olive Oil, Almond Oil***	282.5

SOURCE: US National Library of Medicine, National Center for Biotechnology Information, PubChem.

Enhancing Absorption of Essential Oils through the Skin

There are ways to enhance the absorption, and therefore the effectiveness, of essential oils. Absorption and effectiveness of essential oils may be enhanced by applying a warm wet towel over the area of application and then covering this wet towel with a warm dry towel to retain the heat. Wet skin also helps to improve absorption. Applying essential oils immediately following a warm bath or shower significantly improves essential oil absorption because the pores are open and circulation is enhanced. Another way to improve absorption is by directing warm air on the site of application (for example, from a blow dryer).

One study estimated that 75 percent of various applied oils were absorbed through the skin if the area was covered after application. If the skin was left uncovered, about 4 percent of the oil was absorbed. [419] Another study found that about 10 percent of lavender oil was absorbed when diluted to a 2 percent dilution ratio, peaking at about twenty minutes after application. Ninety minutes post application, the lavender compounds tested for had reduced to almost zero. [420] This suggests frequent topical application is necessary to maintain a therapeutic effect.

Where to Apply Essential Oils

The application site will depend on the purpose of application. However, the feet are often the preferred site of application in most cases for the reasons mentioned earlier. Applying oils diluted with a carrier oil is strongly encouraged to avoid sensitization and irritation, especially among those with a compromised immune system (chronic skin condition, allergies—food or seasonal, or with an autoimmune or autoinflammatory condition). These people are more likely to experience discomfort, sensitivity, or a reaction to the topical application of essential oils. Dilution is particularly important for “hot” oils like oregano, thyme, and cinnamon (for all populations). The maximum strength recommended should be reserved for serious injuries, burns, infections, wounds, or severe illnesses, and should only be used for short periods by those who are sensitive.

Carrier Oils

Carrier oils are an integral part of aromatherapy and possess their own therapeutic value. They are necessary to reduce the risk of skin sensitivity from topical application and provide soothing comfort if irritation or redness occurs. Moreover, they can extend the therapeutic action of essential oils, prolonging the benefits you receive. This is particularly true if you are administering the

essential oils to influence mood and emotions because it lengthens the time the aroma is available to the olfactory system.

Vegetable oils make up the bulk of carrier oils used in aromatherapy. It is important that you use an unrefined, cold-expeller pressed or cold-pressed vegetable oil. If it doesn't say unrefined, cold-expeller pressed or cold-pressed on the label—even if it says "pure"—it is likely a refined product extracted by high pressure, intense heat, and possibly solvents. Organic oils are also preferred to avoid exposure to toxic fertilizers, pesticides, and fungicides.

Carrier oils contain fatty acids, fat-soluble vitamins, minerals, and other beneficial nutrients. The fatty acids contained in vegetable oils may help reduce cholesterol levels, strengthen cell membranes, and reduce the appearance of fine lines and wrinkles. Olive oil is loaded with vitamins A, K, and omega-3 and -6 fatty acids. Some carrier oils contain gamma linolenic acid (GLA)—borage seed oil and evening primrose oil. Some studies suggest that GLA may stop cancer progression and angiogenesis,[421] and GLA is used to create prostaglandins—hormone-like substances that are involved in many body processes, including immune system function.

The average shelf life of a carrier oil is about six months when kept in a cool and dark place. Carrier oils are susceptible to oxidation and rancidity. When oxidized, carrier oils break down and form free radicals, which, left unchecked, damage cells, accelerate the aging process, and have a detrimental effect on the skin. It is advised to keep carrier oils in the fridge—with the exception of avocado oil—in order to preserve them. This may increase the shelf life of the oil to nine months, but be mindful that it may cause them to solidify or turn cloudy, so they will need to be removed to return to room temperature before use. Extra-virgin olive oil will generally keep well even when stored outside the refrigerator. On the opposite spectrum is wheat germ oil, which becomes rancid after only a few weeks.

Common Carrier Oils and Bases and Their Properties/Benefits

Aloe Vera: While different from aloe vera gel, aloe vera oil has a long history of medicinal and cosmetic use. It is cooling, hydrating, rejuvenating, tonifying, and healing to the skin. It is useful for preventing scars. It has been used medicinally for healing wounds, treating burns, relieving muscle pain, diminishing varicose veins, and restoring damage to tissues. It possesses antifungal, antiseptic, antimicrobial, and anti-inflammatory properties, and the lectins it contains

stimulate immune system activity. Aloe vera contains seven of the eight essential amino acids; vitamins A and C; and the minerals magnesium, zinc, copper, and selenium.

Avocado Oil: Rich in monounsaturated fats, lecithin, vitamins A, B, D, E, sterol, lutein, beta-carotene, and essential fatty acids, avocado oil provides significant healing properties for the skin. Look for avocado oils that are dark—the darker the better. Clear or pale green oil is an indication the oil has been refined and highly processed. It has a fruity smell and should be blended with complementary aromas. It is hydrating, nourishing, and easily absorbed into the skin. Indeed, it enhances the penetration of other oils into the skin. It is appropriate for all skin types, but particularly useful for aged, dry, or fragile skin. Some aroma-therapists like to combine it with essential oils and create a natural sunscreen because of its natural ability to block UV rays. Avocado oil encourages cellular regeneration, reduces the appearance of wrinkles, and may improve skin elasticity.

Beeswax : Mostly used as an emulsifier and thickening agent to create creams, lotions, and salves, beeswax is an excellent skin softener. It hydrates the skin, promotes a clear complexion, and tightens the pores without clogging them making it an excellent choice for acne. Beeswax may also be used to form a protective barrier on the skin or as a lip balm. Products with beeswax should not be used by those who are allergic to bees.

Borage Seed Oil : Borage seed oil is often taken internally to support skin health, but external application also has therapeutic benefits. Its high levels of gamma linolenic acid make it very suitable for damaged and dry skin, stretch marks, eczema, or psoriasis. It is also useful for relieving female reproductive complaints, such as premenstrual syndrome, endometriosis, and menopausal symptoms. Borage seed oil may promote a youthful glow to the skin, and its scent is uplifting. Avoid with epilepsy or convulsions.

Caprylic Capric Triglycerides : Caprylic capric triglycerides are a specialized esterification of coconut oil with a very light, silky, and nongreasy feel. This carrier oil offers several key benefits, including nourishing the skin, helping to extend the shelf life of products due to its antioxidant properties, and provides a noticeable silkiness to the skin. Caprylic capric triglycerides encourage rejuvenation of the skin and form a protective barrier for the skin. In addition, it is nonallergenic making it an excellent choice for those with sensitive and oily skin.

Castor Oil : Made by pressing the seeds of the *Ricinus communis* plant, castor oil is an excellent skin moisturizer. It has been used for hundreds of years, and possibly even by the Egyptians thousands of years ago, to encourage healthy skin and hair. It supports circulation through the scalp and helps hair shafts retain moisture. Castor oil moisturizes dry, flaky skin and soothes irritated skin. It is commonly used internally after 39 weeks of pregnancy to induce labor, and in packs to help relieve constipation in the elderly. It is reported to possess antimicrobial, immune stimulating, and lymph stimulating properties. In addition, it is anti-inflammatory and helps relieve pain, making it an excellent choice for pain mixtures—particularly sprains. Caution is warranted when using castor oil orally as taking more than the recommended dose or prolonged use (more than one week) can cause fluid and electrolyte disturbances.[422]

Cocoa Butter : Obtained from roasted cocoa bean, cocoa butter is solid at room temperature but liquefies easily at about body temperature. Cocoa butter is an excellent choice for creating suppositories, creams, and lotions. It softens and rejuvenates the skin, may help prevent stretch marks, helps reduce the appearance of scars, and forms a protective barrier for the skin. Pure cocoa butters have a slight chocolate aroma that may not blend well with some oils.

Coconut oil : Virtually odorless, coconut oil is a very popular carrier oil because its scent doesn't compete with the essential oils that are added to it. With the exception of fractionated coconut oil, coconut oils remain semisolid at room temperature. It softens the skin and helps to reduce dry, inflamed, and itchy skin. Coconut oil is a useful and beneficial carrier oil when applying essential oil blends to the scalp or hair. Interestingly, inhabitants of the Pacific Isles are less prone to baldness and graying of hair, and some attribute this to their practice of anointing the hair with coconut oil from childhood. It is often used as a base for sunscreens because of its natural ability to block about 20 percent of the sun's UV rays.[423] A significant amount of the fatty acids contained in coconut oil are lauric acid, which can kill bacteria, viruses, and fungi.

Dimethyl sulfoxide (DMSO): DMSO is an organosulfur compound that significantly increases the penetration, effectiveness, and absorption of essential oils and other substances through the skin. It is naturally derived from wood pulp and is also found in spearmint oil, barley, malt, asparagus, and corn.[424] Because of its ability to increase the absorption of some compounds through tissues, including the skin, drug manufacturers have investigated it for use as a transdermal drug-delivery system. It is most often combined with another carrier like aloe vera to calm its scent and reduce the possibility of skin irritation. It

possesses antibacterial, analgesic, and anti-inflammatory[425] properties and is often combined with or applied over the top of pain-relieving essential oils. The FDA approved the use of DMSO for the treatment of interstitial cystitis in 1978; however, it is currently available only by prescription or for use as a solvent only.[426] DMSO may increase the effect of myriad drugs, so it should not be used in tandem with medications. It has been reported that DMSO dissolves synthetic fibers, so contact with clothing should be avoided. Not for long-term use and should only be a very small percent of the total blend.

Evening Primrose Oil : One of the most expensive carrier oils, evening primrose oil is generally added to other carrier oils to reduce the cost of aromatherapy blends. Besides the cost, evening primrose oil is highly unstable and susceptible to oxidation when exposed to air or heat. It is a rich source of GLA, making it helpful for such conditions as dry and scaly skin, eczema, psoriasis, dry skin, and tender breasts. Avoid with epilepsy or convulsions.

Grapeseed Oil : Grapeseed oil is suitable for all skin types and is nonallergenic. It is a very gentle moisturizer and leaves the skin feeling smooth. It is odorless, tasteless, and easily absorbed. Grapeseed oil contains the potent antioxidant flavonoid oligomeric procyanidin (OPC), which helps protect against cellular and tissue damage. Grapeseed oil contains high levels of vitamin E and helps promote healthy circulation, aids the healing of wounds, speeds up cell regeneration, helps shrink swelling from cysts, reduces the appearance of blemishes and scars, reduces varicose veins, and encourages a youthful glow of the skin. It also has anti-inflammatory properties making it a great choice to add to a soothing aromatherapy blend.

Hazelnut oil : Hazelnut oil easily penetrates the skin without drying it. It has appreciable amounts of vitamins A, B, and E, as well as essential fatty acids. Hazelnut stimulates the circulatory system, is a great skin toner, and powerful astringent. It moisturizes and rejuvenates the skin and is a useful carrier oil for acne. The primary drawback to this carrier oil is that it shouldn’t be used on those with a nut allergy.

Jojoba: Jojoba is a liquid ester similar to the one in our skin and not an oil. It rapidly penetrates the skin, is nonallergenic, and is beneficial to all skin types. It doesn’t go rancid and has a very long shelf life. It balances the skins pH, helps to unclog pores, hydrates the skin, and may prevent stretch marks. Jojoba is popular for acne blends because it helps unclog pores and helps control the buildup of excess sebum. It contains a waxy substance that mimics collagen and

is antibacterial to prevent or treat skin infections. It is also a popular carrier oil for the hair, where it increases its luster, reduces the appearance of gray hair, encourages healthy hair growth, and decreases scalp dryness.

Olive oil : Olive oil contains essential fatty acids, vitamins E and A, minerals, and proteins that are beneficial to the skin. It is revitalizing and moisturizing to dry, chapped, and scaly skin and is known to help wounds heal. It is indicated for sensitive skin and may help soothe eczema and psoriasis. Olive oil contains the anti-inflammatory and anti-oxidant compound hydroxytyrosol that prevents free-radical damage to skin cells. In addition, olive oil contains the anti-inflammatory compound oleo-canthal, which inhibits both the Cox-1 and Cox-2 enzymes responsible for inflammatory conditions within the body.[427] To receive this benefit, one would need to ingest at least two ounces of olive oil daily.

Sesame Seed Oil : With a long history of use dating back thousands of years, unrefined sesame oil is highly nutritious. Rich in vitamins A, B-complex, and E, it is protective of the skin, and research suggests it blocks 30 percent of the sun's UV rays.[428] It also contains the minerals calcium, copper, iron, magnesium, and zinc; the latter of which is essential for the production of healthy collagen and provides more elasticity to skin. Sesame seed oil contains the compound

sesamol—a compound that studies suggest protects against DNA damage caused by radiation.[429] ,[430] It is often used as a carrier for blends created to soothe arthritis or rheumatism. Some aroma-therapists suggest sesame seed oil helps protect the body from the negative effects of chlorine in swimming pools. It is naturally moisturizing and useful for conditions like eczema, psoriasis, and dry skin.

Shea Butter : Shea butter leaves the skin feeling oily and waxy and is particularly beneficial to speeding the healing process of skin. It contains high levels of nonsaponifiable fats (keratin, allantoin), vitamins A, E, and F. Shea butter is softening and moisturizing to the skin, and its enhancement of microcirculation aids wound healing, cellular rejuvenation, and scar tissue repair. Its mild properties make it a useful base for baby care products. Shea butter is an excellent choice for chapped or mature skin.

Sweet Almond Oil : Sweet almond oil is widely used as an aromatherapy carrier oil and an excellent choice for general aromatherapy applications. It is easily absorbed, slightly viscous, very oily, and carries a delicate, sweet smell. It contains vitamins A, B1, B2, B6, D, and E, as well as trace minerals. It is appropriate for all skin types, but particularly beneficial for sensitive, stressed, dry, or inflamed skin. Sweet almond oil is nourishing and protective of the skin and helps to relieve dry, itchy, and inflamed skin conditions, such as eczema, psoriasis, and dermatitis.

Vitamin E Oil : The vitamin E family (tocopherols and tocotrienols) helps prevent cell damage from free radicals, which unchecked can lead to tissue damage, collagen damage, and interfere with the formation of healthy skin cells. It is often added to other carrier oils as a stabilizer, and as little as 0.05 percent can help protect other carrier oils from oxidation. Vitamin E oil is useful for wound healing, radiation burns, scars, and protection from sun damage. If you are prone to breakouts, vitamin E is thick and greasy, so it may exacerbate this condition.

Wheat Germ Oil : A valuable source of vitamin E, wheat germ oil helps relieve dermatitis, enhances circulation, pro-motes healthy skin cell formation, encourages younger looking skin, and helps reduce scarring. It is a very heavy and sticky oil with a slightly nutty aroma. Wheat germ is beneficial for dry and aged skin and has been used to soothe sore muscles.

Skin Sensitivity and Reactions to Topical Essential Oils

Potent substances like essential oils require respect, particularly as you first introduce your body to these concentrated healing compounds. In some cases, sensitive individuals, or even those without a sensitivity, can become sensitive to essential oils through overuse or through the use of undiluted essential oils. It has also been observed that those with allergies (food or seasonal), chronic skin conditions, or autoimmune and autoinflammatory conditions are more prone to sensitivity, even pure oils of the highest quality.

When applying topically, first do a skin patch test by applying one drop of oil on the underside of the arm and observing for irritation or redness. If irritation or redness occurs after application, apply a pure carrier oil (olive, coconut, jojoba, etc.), not water. For very sensitive skin, place 1 to 2 drops of oil in a teaspoon of carrier oil before application. When possible, thoroughly cleanse your skin before applying essential oils topically. Essential oils can react with perfumes, deodorants, and other chemicals present on the skin leading to sensitivity.

Contrary to popular belief, skin reactions when using essential oils are not always detoxification reactions, and the continued use of essential oils will not correct this reaction. It is also not entirely accurate to say that essential oils cannot cause allergies because they are devoid of nitrogen compounds—peptides, proteins, and amino acids. While these compounds are typically involved in a true antigen-antibody allergy, other substances devoid of them are known allergens. For example, neither penicillin nor nickel contains these compounds, but they are still known to cause allergic reactions.

Typically, when an allergy occurs, your body's immune system responds inappropriately to an inert substance by creating antibodies, which are responsible for defending the body against foreign invaders. While it is true—as of this writing—that scientists have not observed antibodies produced in response to essential oil compounds, there are many documented cases of allergic reactions to essential oils, especially topical use.[431] ,[432] ,[433] , [434] ,[435]

Indeed, multiple studies report that essential oils and fragrance compounds can act as prehaptens and prohaptens, sensitizing compounds, or skin allergens through varying pathways within the body. Haptens are potent sensitizing substances that cause powerful contact allergies by common reactions, such as air oxidation (autoxidation), photo-activation, chemical bonding, or attachment to a carrier protein in the skin after topical application, which forms a complete antigen capable of causing an allergic reaction via enzyme catalysis

(bioactivation).[436] ,[437] ,[438] ,[439] ,[440] ,[441] ,[442] ,[443] ,[444] ,[445]

Essential oil compounds such as aldehydes and ketones are electrophilic—molecules attracted to electrons that participate in chemical reactions involving the exchange of electrons. These electrophilic substances can bind to proteins within the skin to trigger an allergic reaction.[446]

Research suggests that these adverse skin reactions occur in up to 96 percent of individuals who are more sensitive to aromatic compounds, depending on the combination of oils used and their chemical structure.[447] ,[448] ,[449]

Moreover, some essential oils or essential oil compounds (especially monoterpenes like limonene) are more prone to oxidation than others.[450] , [451] ,[452] ,[453] When these oils are exposed to the air they combine with oxygen to form skin allergens known as peroxides or hydroperoxides.[454] This risk is greater as the essential oils age. In other words, the essential oils are not allergenic themselves but are activated in the skin or before skin contact to become powerful sensitizers and contact allergens. Furthermore, the journal *Contact Dermatitis* reported in October of 2013 that twenty-eight essential oils and some compounds can be categorized as contact allergens in humans.[455]

Reactions observed on the skin when using essential oils topically—whether at the site of application or not—are best categorized as contact dermatitis. Contact dermatitis is characterized by red, sore, itchy, and inflamed skin after direct contact with a substance that can take from several days to weeks to heal. Two types of contact dermatitis can occur, allergic contact dermatitis and irritant (nonimmunological) contact dermatitis. Contact urticarial (hives) may also occur, which is the immediate—usually within minutes to hours—formation of a rash or hives following exposure to a substance. It will usually fade away after several hours to a few days. It is important to avoid such sensitization because as many essential oils users have discovered the sensitivity is extremely difficult to reverse and may even become permanent to a certain degree in some individuals.

Normally the immune system employs protective mechanisms against harmful substances (antigens) that enter the body, but occasionally the immune system triggers a unfavorable reaction known as hypersensitivity reactions to essential oils. These reactions are divided into four categories, but only two are correctly applied to essential oil therapy, type 1 and type 4 hypersensitivity reactions.

Type 1 reactions are immediate and typically involve the production of the antibody immunoglobulin E (IgE), which binds to sensitizing substances and

activates the release of substances from mast cells (like histamine) that triggers inflammation and an allergic reaction. Although possible, it is extremely rare for a Type 1 reaction to result in anaphylaxis—a serious and potentially life threatening reaction that occurs within seconds to minutes of exposure to a substance. Type 1 reactions are less common than Type 4 reactions.

Type 4 reactions involve delayed hypersensitivity reactions caused by T cells rather than antibodies. Contact dermatitis would fall into this category. When an essential oil is applied topically it diffuses through the skin and in the case of a sensitivity reaction interacts with proteins and changes its properties to become an antigen. This modified protein travels through the lymph system where it activates T cells. T cells secrete molecules that trigger inflammation and allergic responses in response to the antigen. It is very difficult to reverse Type 4 reactions once they occur, because memory cells produced from prior exposure to the essential oil remain in the body to respond the next time the same antigen is encountered. Type 4 reactions usually occur from one to a few days after exposure to a substance and commonly result in contact dermatitis. This contact dermatitis can persist for days, weeks, or in severe cases months.

Type 4 reactions are generally built up to over prolonged use and exposure to essential oils, particularly if they are applied neat too often. In other words, it is not really the single application of one essential oil or an essential oil that causes the reaction. Instead the reaction occurs after applying the single oil or blend because sensitivity has been building up due to chronic overexposure to significant quantities of essential oils that has built up for months to years.

Reports of sensitization among aromatherapists and chemists has also been reported. Studies suggest that those who are regularly exposed to significant amounts of essential oils based on their occupation can experience type 4 hypersensitivity reactions to essential oils, and these reactions can result in sensitivities to multiple oils.[456] ,[457] ,[458] ,[459] What we can learn from these studies is that excessive use of essential oils, or perhaps prolonged daily exposure to the same essential oils (particularly neat) may increase the risk of hypersensitivity reactions and sensitization.

An anaphylactic reaction to essential oils is extremely rare, but possible. Interestingly an immediate hypersensitive systemic reaction that resulted in anaphylaxis in a thirty-eight-year-old male reportedly caused by tea tree oil did not produce antibodies (IgG or IgE).[460] But a subsequent wheal and flare response (a characteristic irregular red raised bump, or “wheal,” surrounded by

areas of redness that appears on the skin in response to administration of a substance, usually as part of an allergy test) to an allergy test did determine he was sensitive to tea tree oil.

In the very extraordinary chance that an essential oil does cause an anaphylactic reaction, seek emergency medical help immediately. Anaphylaxis is a severe and potentially life-threatening medical emergency that requires prompt medical attention.

Some tell-tale symptoms of anaphylaxis include hives, flushed or pale skin, airway constriction, swollen tongue or throat, trouble breathing, weak or rapid pulse, very low blood pressure, dizziness, anxiety, fainting, headache, confusion, nausea, vomiting, and/or diarrhea. Anaphylaxis usually starts with redness and irritation of the skin, quickly followed by hives, then swelling and inflammation of various areas of the body. The swelling can lead to airway constriction and trouble breathing. Because anaphylaxis is systemic (affecting the whole body), it can lead to the other symptoms mentioned as well.

If these symptoms occur within minutes, or in less common cases half-hour or longer, after the administration of an essential oil contact emergency medical services for help. Time is of the essence if the person is experiencing trouble breathing, loses consciousness, or faints. It is also useful to know that limonene and lavender may reduce anaphylactic reactions, but it would be unwise to apply or administer either of these essential oils in a life-threatening situation.[461] , [462]

Those with known allergies, food sensitivities, autoinflammatory or autoimmune disorders, and skin conditions (eczema, psoriasis, etc.) are more likely to develop skin sensitivities to essential oils. Essential oils that aromatherapy texts suggest may cause skin sensitivity in those with allergies include basil, cedarwood, German chamomile, clary sage, clove, fennel, ginger, juniper, lemon, lemongrass, orange, peppermint, pine, melaleuca, thyme, and ylang ylang. This is an extensive list and only includes essential oils recommended in the protocols in this book. Many with allergies find they can still use these essential oils as long as they are diluted heavily (at least a 3% dilution or greater). In addition, continuous daily exposure to the same oil(s) increases the risk of skin sensitivities, and clinical observations suggest that a tolerance may be built up with repeated use of the exact same oils without a break. Because of this, it is recommended that you rotate the essential oils you use after twenty-one to thirty days of continuous use, with a seven-day rest before reusing the same

oil(s). Another reason for this recommendation is to avoid building up a tolerance to any one, or group, of essential oils. Interestingly, men appear to be more susceptible to adverse skin reactions than women are, and stress and lack of sleep also make skin sensitivities more likely.[463]

To reduce the risk of oxidation and formation of hydroperoxides (1) essential oil caps should be replaced immediately after use, (2) citrus oils are best stored in the refrigerator, (3) keep bottles out of direct sunlight and away from heat sources, and (4) consider purchasing essential oils with antioxidants added to reduce the risk of oxidation.

Ways to Avoid Sensitization

One way to avoid sensitization is to dilute essential oils with a pure carrier oil, particularly when first introducing them onto your body. Combining essential oils with a pure carrier oil may help prevent some of the oxidation that occurs and reduce the risk of skin sensitivity and irritation. This practice may also be desirable when the objective is to keep the essential oil at the site of application for as long as possible (for example, when treating certain skin conditions like eczema or dermatitis). By combining an essential oil with a carrier oil, it helps prevent evaporation and may prolong the time you are able to benefit from both the topical application and the subsequent inhalation of the aroma.

Another strategy is to rotate the site of essential oil application. For example, you may start with the feet, then move progressively to the ankles, knees, side of the torso, spine, side of the chest, sternum, and wrists. The following table contains dilution recommendations in a range so that you can choose your desired dilution ratio based on your knowledge and comfort level. People with known sensitivities, allergies (food, chemical, or seasonal), autoimmune or autoinflammatory conditions, chronic skin conditions, and who are new to essential oils should generally use the essential oils diluted with more carrier oil.

DILUTION RATIOS

Dilution %	***APPROXIMATE NUMBER OF DROPS OF ESSENTIAL OIL PER TEASPOON(S) OF CARRIER OIL*** [a] (The number of drops per teaspoon of carrier oil for general use and those with sensitivities)
0.3%	1 drop per 2 teaspoons
	2 drops per teaspoon

1.5%	2 drops per teaspoon
3.0%	4 drops per teaspoon
5.0%	7 drops per teaspoon

MAXIMUM STRENGTH DILUTION RATIOS

(THE MAXIMUM NUMBER OF DROPS PER TEASPOON OF CARRIER OIL FOR A MAXIMUM STRENGTH APPLICATION)

DILUTION %	***Approximate Number of Drops of Essential Oil Per Teaspoon of Carrier Oil***
20%	30 drops per teaspoon
33%	48 drops per teaspoon
50%	73 drops per teaspoon
NE (NEAT)	Essential oil only, no carrier oil

Rounded to the nearest whole drop for ease of use. One teaspoon is equivalent to 4.93 mL. On average 1 mL of essential oil contains 30 drops, though this figure can range from 20 to 40 depending on the essential oil and dropper used. If you want to make things simpler for the maximum strength dilution ratios, you can use the following: 20% dilution—1 drop EO per 5 drops carrier, 33% dilution—1 drop EO per 3 drops carrier, and 50% dilution—1 drop EO per 1 drop carrier.

Reversing Sensitivity

If sensitivity or contact dermatitis occurs, one must stop using the offending—and possibly all—essential oils topically until the skin heals. Immediately after sensitivity occurs apply carrier oil to the area and then wipe off with a dry cloth. Continue adding carrier oil and wiping it off with a dry cloth until the person experiences relief. My experience has been that diffusing and oral consumption do not result in the same reactions, but you may want to eliminate those two methods of application as well to allow your body to reset. The healing process may take several days or even weeks and, in rare cases, may become chronic. In addition to removing contact with one or all essential oils, here are a few other options that may help speed the healing process. Because each person responds

differently, many options are recommended to determine which will best help you manage and reverse your skin reaction.

- Apply a natural, thick and creamy, fragrance-free lotion or Shea butter to the area often to keep the skin moist. This is probably the most important, and effective, way to reduce the irritation. It keeps the skin moist and allows it to heal.
- Apply cardiospermum cream or gel to the area as directed on the product label. Cardiospermum is a natural anti-inflammatory and possesses cortisone-like properties.
- Apply a cold washcloth or ice pack to the area of irritation 2 times daily.
- The supplement N-acetyl cysteine may reduce the hypersensitivity response by increasing glutathione production in the skin and decreasing the inflammatory response.[464] ,[465] Take 200-400 mg up to 3 times daily.
- Mix together one-quarter cup each of baking soda and water. Massage mixture into the irritated area and leave in place for twenty minutes before rinsing thoroughly. Baking soda helps neutralize acids, makes the skin more alkaline, and helps to remove dead skin.
- Fill a bowl with about half a cup of oatmeal (not the sweetened kind from the store) and then add enough hot water to make a paste-like consistency. Allow to cool until lukewarm and then apply to the irritated skin, leaving it in place for twenty to thirty minutes before rinsing thoroughly with water. Oatmeal will help cleanse and moisturize the skin, and it possesses antioxidants that may help neutralize inflammation.
- Apply aloe vera directly to the irritated skin up to six times daily. The anti-inflammatory and antimicrobial properties of aloe vera will help to soothe irritation and encourage healing.
- Open a shark cartilage capsule and mix with one teaspoon of Shea butter. Apply mixture to the skin twice daily.
- Consider taking 3 drops each of lavender, German chamomile, and blue tansy in a capsule one to three times daily to reduce the histamine-reaction and abnormal immune activity related to the reaction.
- Take high doses of a broad-spectrum probiotic (aim for 20 billion or more organisms) nightly just before retiring to bed. Probiotics support the immune system and may alleviate allergies, particularly in children.
- Consider taking high doses of MSM (methylsulfonylmethane), up to 10 grams daily, which is useful for allergies and may nourish the skin.
- Some people have found cleansing helps relieve this situation. Start with a colon cleanse and then continue cleansing if necessary.

- If these natural methods are ineffective in reducing the itching and sensitivity, it may be time to consider an oral antihistamine and/or topical hydrocortisone cream to get the reaction under control. Excessive scratching could lead to a worsening of the symptoms and even damaged or scarred skin.

Once sensitivity and the contact dermatitis clears, it is recommended that you slowly reintroduce essential oils to your body one single oil at a time in highly diluted ratios. It is possible that the topical application of very concentrated or neat (not recommended for those who have experiences sensitivity) essential oils will result in some irritation permanently, so it may be necessary to continually use the lower dilution ratios (0.3% to 5%) to avoid further sensitization and discomfort.

INHALATION

Inhalation is the safest way to administer essential oils, but still produces remarkable psychophysiological outcomes. Inhalation provides a number of benefits, including soothing throat infections, overcoming mental fatigue and exhaustion, encouraging the expulsion of mucous, relieving stress, anxiety and nervous tension, and purifying the air—including removing toxins, killing airborne germs to prevent the spread of infections, altering mood, and encouraging restful sleep. It is a must with respiratory concerns because essential oil molecules enter the lungs, bronchi, bronchioles, and alveoli. If your sinuses are congested or affected, you must inhale deeply and hold this breath for as long as possible. This allows the essential oil molecules to travel to the sinuses where they can provide benefit rather than into the lungs, as is the case when you breathe normally. Inhaled essential oils also directly influence the limbic system —the center for memory and emotions—significantly influencing mood, stress, anxiety, and depressive symptoms.

In the absence of power, diffusing may prove challenging, making it necessary to be creative, such as inhaling essential oils over a bowl of hot water. This can be accomplished by adding 1 to 6 drops of a few essential oils to three inches of hot water that is cool enough to touch with your hand, and then cover your head and the container of water with a towel and breathe deeply (depending on the oil used this can be quite intense, so closing your eyes is recommended). Do not use more than 20 drops of essential oil with this method, or you may overwhelm your brain and lungs.

Alternately, place 1 to 2 drops of essential oil in one palm, rub palms together and cup over nose and mouth to breathe deeply. Another method that can be used for inhalation when without power is to place 1 to 6 drops of essential oil on a tissue or cloth and inhale as desired. If power is available, add 4 to 12 drops of essential oil to diffuser and diffuse near the ill person or inside the desired room.

The Powerful Influence of Aromas

The influence of essential oil inhalation and the subsequent psychophysiological actions that follow is quite extraordinary. When an aroma is inhaled, odor molecules travel up the nose and attach to olfactory cell-receptor sites. Once bound to the olfactory nerves, odor molecules travel to the olfactory bulb, where the odor is significantly intensified. The intensified odor stimulates the bipolar receptor to fire, and impulses are transmitted to the limbic system. The limbic system is a complex set of structures—hypothalamus, hippocampus, amygdala, and limbic cortex—that regulates the endocrine and nervous systems and is responsible for controlling memory, learning, emotions, instinct, motivation, and influential to sleep, libido, appetite, thirst, heart rate, blood pressure, breathing, stress levels, and hormone balance. In response to the odor, the limbic system initiates physiological responses in the body by releasing hormones, chemicals, and neurotransmitters that influence myriad body functions, including pain perception, appetite, metabolism, libido, wakefulness, insulin production, body temperature, relaxation level, and sense of well-being. Eventually, this cascade of events modifies emotions and behavior and generates memories that cause profound psychophysiological responses.

Inhalation: Asthma and Chronic Respiratory Disorders

One concern often raised when diffusion is the method of application is the possibility of aggravating asthma or other chronic respiratory disease symptoms. Research suggests that terpenes, particularly limonene, may exacerbate bronchial hyperresponsiveness,[466] which is a hallmark symptom of asthma. Because of this, direct inhalation of essential oils very high in limonene—mainly citrus oils, some of which are up to 95 percent limonene—should be limited or avoided by those with asthma or other chronic respiratory conditions. In addition, those that are sensitive to fragrances or strong odors may need to avoid direct inhalation of essential oils, and use dilutions of less than 3 percent for topical application.

While myrtle contains the terpenes alpha-pinene (up to 56 percent) and limonene

(up to 12 percent), it is known to reverse respiratory distress. Lavender also has small amounts of terpenes, but it has proven beneficial with asthma patients. Ginger is another essential oil with multiple terpenes, such as zingiberene, curcumene, sesquiphellandrene, camphene, beta-bisabolene, beta-phellandrene, alpha-pinene, and beta-elemene, but is useful in asthma because of its bronchodilatory properties.

While not proven definitively in science, it is possible, and some people report, that essential oils that are known to cause respiratory difficulty in children could exacerbate asthma and bronchial hyperresponsiveness in those who are more susceptible—people with asthma or other chronic respiratory disorders. Based on this assumption, it would be wise to be cautious with or avoid essential oils high in camphor, eucalyptol, and menthol among more sensitive people.

These findings suggest that some volatile compounds may aggravate asthma symptoms. Conversely, inhalation of lavender essential oil has been found to suppress allergic airway inflammation, suggesting it may be beneficial for those who suffer with asthma.[467] Myrtle and ginger are known bronchodilators, so they may also be useful in relieving asthma symptoms and bronchial hyperresponsiveness.[468] ,[469]

Sensory Irritation during Essential Oil Inhalation or Diffusion

Sensory irritation, such as nosebleeds, eye, ear, or throat irritation have occasionally been reported among people who have inhaled essential oils. This phenomenon is likely caused by irritation of the mucous membranes among more sensitive populations (younger children, persons with nasal allergies and/or chemical sensitivities).[470] ,[471] ,[472] When enough of the volatile essential oil compounds are present in the air, sensory pathways within the body are triggered that may lead to irritation, stinging, burning, itching, changes in temperature sensations, nosebleed, and headache.[473]

It appears that terpenes are more likely to cause this type of sensory irritation than other essential oil compounds.[474] ,[475] ,[476] In addition, the available evidence suggests that oxidized terpenes[477] and low humidity may exacerbate or trigger sensory irritation. Based on this knowledge, it is sensible for those with known chemical sensitivities, chronic respiratory conditions, or who are prone to headaches and nosebleeds to avoid direct inhalation of essential oils and to limit diffusing.

ORAL ADMINISTRATION

Essential oils can be administered orally, which allows for greater precision in dosing, increased convenience, and good bioavailability. Oral administration may also increase the risk of drug interactions and stomach irritation (see below), so it is strongly advised that you check for contraindications, safety precautions, and drug interactions before administering oils orally. The risk of stomach irritation can be reduced if you take the capsules with food rather than on an empty stomach. It is strongly recommended that you always take essential oils orally with food.

To administer essential oils orally, add the desired number of drops of essential oil to a vegetable capsule, in a beverage (almond or rice milk, herbal tea), in honey, or directly on or under the tongue. Another way to ingest essential oils is to place a drop in your mouth and swish it around to mix it with saliva. This can be very beneficial for oral health.

Administering oils in a capsule will reduce the likelihood of throat and oral cavity irritation. If oil is added to water to ingest, separation will occur, and much of the oil will remain in and be absorbed through the buccal cavity (the portion of the oral cavity enclosed by the lips, cheeks, and gums). This may result in irritation of the mucous linings in the mouth. Essential oils can also be taken sublingually (under the tongue), which results in rapid absorption due to the high concentration of capillaries (tiny blood vessels) under the tongue. Essential oils will be absorbed directly into the bloodstream with this method without needing to go through the digestive process.

Oral Administration and Gastrointestinal System Irritation

Some essential oils users are concerned about the long-term effects that ingesting essential oils may have on the oral cavity, esophagus, stomach, and intestinal mucosa. These linings are more sensitive to irritation, and there have been occasional reports of irritation, inflammation, burp-back, or a burning sensation following oral administration.[478] ,[479] ,[480] ,[481] ,[482] But these effects were usually minor and were reversed when the irritating oil was eliminated.

Burp-back of essential oils is common and can be expected when taking them orally. Taking essential oils with food and at least eight ounces of water may reduce this effect.

It is suspected that larger doses are more likely to cause irritation. Studies

demonstrate that lower doses protect the gastrointestinal system while larger doses of the same oil irritate it.[483] ,[484] It is also reasonable to presume that taking essential oils orally on an empty stomach will increase the risk of stomach irritation. However, the overwhelming body of scientific evidence suggests many essential oils are gastroprotective and even promote healing of irritated and inflamed tissues, even among essential oils commonly reported to irritate the stomach or gastrointestinal tract (thyme, oregano).[485] ,[486] ,[487] ,[488] , [489] ,[490] ,[491] ,[492] ,[493] These studies suggest that the essential oils promote healing of these sensitive linings due to their ability to stimulate mucus production, reduce inflammation, destroy bacteria associated with ulcers, and their antioxidant properties. Based on current knowledge, and the available literature, oral administration of essential oils does not pose a long-term risk of damage to the oral cavity, esophagus, stomach, or intestines when taken in reasonable dosages and with food. Some research supports this theory.

Essential Oils and Gastrointestinal Flora (probiotics)

Some aromatherapists and websites suggest that antimicrobial essential oils kill harmful as well as beneficial intestinal flora similarly to antibiotic medications. However, essential oils are intelligent and somewhat intuitive, which suggests they may be able to selectively destroy harmful bacteria while leaving probiotics (good bacteria) intact.

A study that tested the inhibitory effects of sixty-six essential oils or essential oil compounds against pathogenic bacteria and two probiotic strains determined that essential oils could selectively inhibit harmful bacteria without harming probiotics.[494] Although the essential oils and compounds tested significantly inhibited harmful bacteria, they had little effect on the tested probiotics. Another study found that cinnamon, clove, and mint essential oils demonstrated some antimicrobial activity against the probiotic *L. rhamnosus* in yogurt, but the activity was minimal.[495] In fact, enough probiotics remained in the yogurt product that the product could still meet the minimum requirements to be considered a probiotic.

Other studies have determined that some essential oils may decrease the ability of probiotics to reproduce and destroy beneficial flora. Cinnamon oil concentrations damaged the cell membrane of *L. rhamnosus* and caused a significant reduction in the number of viable probiotics in one study.[496] Cassia essential oil, which is closely related to cinnamon essential oil, also inhibited some probiotics. Interestingly, the researchers discovered that cassia

significantly inhibited some intestinal bacteria (*Bi. bifidum* , *B. fragilis* , and *Cl. perfringens*), but did not inhibit or only weakly inhibited the common probiotics *Bi. longum* and *L. acidophilus.* ***[497]*** Another study tested the antimicrobial activity of common basil (*O. americanum)* essential oil against two pathogenic organisms and the probiotic *L. casei.* This study also found that the essential oil demonstrated antimicrobial activity against all the organisms, but that *L. casei* was less susceptible to destruction by the essential oil.[498] Two additional studies found similar results with tea tree oil against *Lactobacillus spp* , suggesting probiotics are more resilient to destruction by essential oils than harmful pathogens.[499] ,[500]

Based on the available research, it appears that essential oils are intelligent and can distinguish between friendly and harmful bacteria to a certain degree. Nevertheless, considering the far-reaching benefits of probiotics, it is reasonable to supplement more heavily with probiotics four hours after ingesting antimicrobial essential oils. Clinical studies are lacking in this regard, but our current understanding of essential oils and probiotics suggests that they can live in harmony within the human body.

Liver Toxicity and Essential Oils—Fact or Fiction?

Lipophilic (lipid- or fat-soluble) substances like essential oils swiftly enter the bloodstream and are processed by the liver, unlike hydrophilic (water-soluble) substances that are inclined to stay in the blood or are transported to aqueous compartments within the body. The fastest way to the liver is oral administration, at which point the liver distributes and eliminates the various essential oil compounds. The liver metabolizes essential oil compounds for elimination in two phases through a process called biotransformation. This process converts lipophilic (fat-soluble) substances to hydrophilic (water-soluble) substances, which are more easily excreted by the kidneys. Common phase I reactions include oxidation, reduction, and hydrolysis. The most common phase II reactions include glucuronidation, sulfation, and conjugation.

Topical, vaginal, and rectal administration of essential oils bypasses the first phase of biotransformation, but the essential oil compounds are eventually distributed to the liver for processing and elimination through the cytochrome P450 (CYP450) pathway. In addition, dermal (skin) enzymes can catalyze phase I and phase II reactions, though the reactions generally occur with less efficacy than within the liver.

It is important to note that metabolism chemically alters the original compound, making its metabolite possess different pharmacological and/or toxicological properties. Essential oils are naturally detoxifying; however, toxification is also possible—methyl eugenol is an example of a toxic essential oil compound.[501] ,[502] And if abundant quantities of essential oils are consumed, it is possible to overwhelm the body's detoxification system, potentially causing harm to the liver. It has been reported that the depletion of glutathione levels in the liver is an important mechanism of action for liver injury to occur. The liver contains the highest levels of reduced glutathione (GSH) in the body as a protective mechanism against reactive molecules produced in the liver during the normal detoxification and metabolism processes.

Excessive oral doses of essential oils could potentially deplete liver glutathione stores and overwhelm the liver, creating hepatotoxicity. This result seems to be rare and isolated to megadoses of a few essential oils. Aromatherapy texts often list hepatotoxic essential oils as cassia (coumarin), cinnamon (cinnamaldehyde), pennyroyal (pulegone), thyme (thymol), oregano (carvacrol), clove (eugenol), and fennel (anethole) because they contain compounds (in parenthesis) reported to reduce glutathione S-transferase activity and/or deplete liver glutathione levels, and have been reported as hepatotoxic. Dosages that could potentially produce toxicity are frequently extreme—often exceeding 10 mL in a single dose for the average-size human adult (154 pounds). For instance, a study found that it required the administration of 67.5 mg/kg/day of coumarin (not cassia essential oil) to produce hepatotoxic effects in male baboons.[503] In other words, if this translated directly to humans, a 154-pound human would have to consume 4,725 mg (over 5 mL) daily to produce the same effect.

One study reporting the development of acute liver failure (ALF) in a 15-month-old who ingested 10 mL of clove oil concluded that a single dose of 10 mL of clove could cause hepatotoxicity.[504] The ALF was reversed by administering N-acetylcysteine. Another young child—2 years old—ingested a single dose of 10 mL of clove oil, which resulted in liver toxicity and excessive clotting of the blood.[505] These results are not surprising, given the amount ingested and the age of the children. So, in other words, the cases of liver toxicity that are sensationalized by those who oppose oral consumption of essential oils are from unreasonable doses, not what is typically used.

Oregano is often listed as toxic to the liver because it contains minute amounts of thymol. However, at least one study suggests that thymol protects the liver against toxicity by inhibiting lipid peroxidation—free-radical damage to the lipid

cellular membrane, resulting in degradation of lipids[506] —and that another compound in oregano called carvacrol is hepatoprotective.[507] So, oregano is naturally balanced by Mother Nature.

Another aspect to consider in the toxicity debate is the fact that many studies on toxicity focus on a single essential oil compound, not all of the compounds naturally found in the plant. This places the compounds out of balance with what Mother Nature produces and may eliminate many compounds that offer a balancing, buffering, or protective effect to a single compound. For example, high doses of anethole deplete glutathione,[508] but even though fennel essential oil contains anethole it significantly stimulates glutathione production and may protect the liver from oxidative damage.[509] ,[510] This is because fennel contains buffering and balancing compounds found naturally in the essential oil, rather than just the one isolated nutrient.

Compromised Livers or Liver Damage and Essential Oils Use

If a person has a compromised liver, liver damage, or liver failure, then there is potential for essential oils to exacerbate this condition, particularly essential oils that are known to be hepatotoxic in larger doses.[511] ,[512] Even smaller doses of certain essential oils could potentially be harmful to a person with impaired liver function. Caution is warranted for both oral and topical administration of essential oils among those with liver disorders, particularly oral administration.

Oral Consumption is Reasonable, Beneficial, and Safe

Based on available data, it seems reasonable that essential oils are safe when administered orally in sensible doses (as opposed to the extreme dosages that cause toxicity) for a reasonable period. Those who advise against this practice want to treat essential oils more like drugs where only licensed professionals can dispense or administer them orally. These individuals also ignore the fact that essential oils contain dozens to hundreds of naturally occurring compounds, some of which act as buffers to balance or counteract the toxicity of other compounds. This is likely why, despite being extremely potent remedies, adverse reactions to essential oils are significantly lower and less severe than those of drugs. If reasonable dosages are followed and safety precautions observed, oral administration can be of great benefit.

RETENTION

Retention is a very efficient method to deliver essential oils to the lower colon

and into the vagina. This method also bypasses the gastrointestinal system, avoiding breakdown of essential oils during digestion.

The mucous membranes of the colon and vagina are highly susceptible to irritation, so caution is advised with this method. Dilution ratios of 3% to 5% are recommended. Mix 12 to 21 drops of essential oil with one tablespoon of carrier oil and insert through the rectum, retain up to eight hours. For vaginal insertion, mix the same ratio and place the mixture on a tampon, then insert into vagina and retain up to eight hours, or replace three to four times daily. Be cautious with “hot” oils and this method, and try mild oils first. For a douche, add 3 to 8 drops of oil in one liter of water and douche twice daily.

Essential oils may also be inserted in the rectum or vagina in a capsule or by creating a suppository. For the capsule method, add up to 4 drops of essential oil to the capsule and fill the rest with carrier oil, and then insert as far up the rectum or vagina as possible.

To create an essential oil suppository, fill an ice cube tray (preferably one that makes small, round cubes) half full with coconut oil and then place in the freezer for two hours. After a couple of hours, remove the tray and add up to 10 drops of essential oil to each cube. Fill the tray the rest of the way with coconut oil and place in the freezer for another two hours. Once solid, the suppository can be inserted in the rectum or vagina.

Recommended Essential Oils

The following essential oils will allow you to manage most ailments you can expect to experience: balsam fir, basil, blue tansy, blue spruce, cedarwood, cinnamon bark, clary sage, clove, copaiba, cypress, eucalyptus, fennel, frankincense, geranium, German chamomile, ginger, grapefruit, helichrysum, juniper, lavender, lemon, lemongrass, lime, marjoram, melaleuca (tea tree), myrrh, myrtle, nutmeg, orange, oregano, peppermint, pine, rosemary, sandalwood, spruce, thyme, tsuga (Hemlock spruce), vetiver, wintergreen, and ylang ylang. This group of essential oils will allow you to manage most ailments you can expect to experience and still leave them manageable and reasonably easy to carry with you. However, you may substitute essential oils with similar properties or chemical compounds as necessary.

It is critical that you have a supply of essential oils on hand to be prepared before you find yourself in a situation where you need it. If you know you have a specific health condition, it is wise to have an abundant supply of the oil, or oils,

recommended for that condition.

USAGE QUICK REFERENCE GUIDE

● Recommended, no known risk

■ Caution warranted

▲ Avoid or great caution warranted

OA = ***Oral Administration***
CH = ***Children***
P&L = ***Pregnancy & Lactation***
DI = ***Drug Interaction***
HC = ***Health Contraindication***
PHO = ***Photosensitizing***
EPI = ***Epilepsy***

BALSAM FIR	●	●	●	■	●	●	●
BASIL (LINALOOL CT)	●	●	●	■	■	●	●
BLUE SPRUCE	■	■	■	●	■	●	▲
BLUE TANSY	●	●	●	■	■	●	▲
CEDARWOOD	●	●	●	●	●	●	●
CINNAMON	●	●	▲	■	●	■	●
CISTUS	●	●	●	●	●	●	●
CLARY SAGE	●	●	●	■	■	●	●
CLOVE BUD	●	●	■	■	■	●	●
COPAIBA	●	●	●	●	●	●	●
CYPRESS	●	●	●	■	■	●	●
EUCALYPTUS	■	▲	●	■	■	●	▲
FENNEL	■	■	▲	■	■	●	▲
FRANKINCENSE	●	●	●	■	●	●	●

GERANIUM	●	●	●	■	●	●	●
GERMAN CHAMOMILE	●	●	●	■	■	●	●
GINGER	●	●	●	■	■	■	●
GOLDENROD	●	●	●	●	●	●	●
GRAPEFRUIT	●	●	●	■	●	▲	●
HELICHRYSUM	●	●	●	●	●	●	●
JUNIPER BERRY	●	●	●	■	●	●	●
LAVENDER	●	●	●	●	●	●	●
LEMON	●	●	●	●	●	▲	●
LEMONGRASS	●	●	■	■	●	●	●
LIME	●	●	●	■	●	▲	●
MARJORAM	●	●	●	●	●	●	●
MELALEUCA (TEA TREE)	■	●	●	●	●	●	●
MYRRH	●	●	▲	●	●	●	●
MYRTLE	●	●	●	■	●	●	▲
NUTMEG	■	▲	▲	■	●	●	●
ORANGE	●	●	●	●	●	●	●
OREGANO	●	●	▲	■	●	●	●
PEPPERMINT	●	▲	●	■	■	●	●
PINE	●	●	●	●	●	●	●
ROSEMARY	■	▲	■	■	■	●	▲
SANDALWOOD	●	●	●	■	●	●	●
SPRUCE (BLACK)	●	●	●	●	●	●	●

THYME	■	●	●	■	■	●	▲
TSUGA	●	●	●	●	●	●	●
VETIVER	●	●	●	●	●	●	●
WINTERGREEN	■	▲	▲	▲	▲	●	▲
YLANG YLANG	●	●	●	●	●	●	●

Please review the individual essential oil cautions for more detail.

● Recommended, no known risk

■ Caution warranted

▲ Avoid or great caution warranted

2

ESSENTIAL OIL THERAPY FOR HEALTH CONDITIONS

T he following suggestions are recommended to preserve life and correct health conditions if modern medicine is not available. These are not meant to be substituted for medical treatment when it is available. Do not attempt to diagnose or prescribe essential oils for conditions that require professional attention. Always consult a physician for any health condition, injury, or illness. The recommendations are based on known protocols, consensus of user testimonials, historical usage, and published scientific research.

Using the Protocols

The method (or methods) of application will depend on the severity of the condition and how accustomed you are to a particular oil, administration method, or protocol. Using more than one method of application at a time can often exponentially increase the effectiveness of essential oil therapy. However, you can select just one application method to start if desired.

When more than one essential oil is indicated, you may apply them one at a time, waiting a few minutes between each oil for the previous one to absorb—called layering—or create a blend of the suggested oils and apply this blend all at once. It is convenient to create the mixture in a bottle and use the desired or suggested number of drops.

Unless otherwise recommended in the protocol it is expected that the suggested essential oils be diluted according to age, current state of health, medication use,

and body size.

ABDOMINAL CRAMPS
Topical—Apply one or a combination of peppermint, German chamomile, ginger, or juniper to abdomen (may require dilution) until cramps subside.

Oral—Ingest a combination of 3 drops each of juniper, peppermint, and ginger every 2 hours or until cramps subside.

ABDOMINAL MIGRAINE
Topical—Apply 1 to 2 drops each of lavender, ginger, and German chamomile on the abdomen and cover with a warm wet towel up to 3 times daily. Apply 6 to 8 drops of orange oil to the bottoms of the feet, 2 times daily.

Oral—Take a capsule filled with 3 drops each of lemon and peppermint, and 1 drop of basil up to 3 times daily. For younger children, add a trace amount of each oil to warm water with a toothpick and drink, 2 times daily.

ABSCESS
Topical—Apply one or a combination of frankincense, lavender, and melaleuca (tea tree) to the abscess several times daily.

ACNE
Topical—Apply one or a combination of frankincense, melaleuca (tea tree), German chamomile, geranium, or lavender at least 2 times daily.

Oral—Purify the blood by taking 5 drops each of geranium, clove, and grapefruit, 2 times daily.

ACNE, ADOLESCENT/TEENAGE
Topical—Mix together 1 cup of water, 1/2 pint of organic apple cider vinegar, and 2 drops each of basil, orange, and melaleuca (tea tree) in a jar. Dip a cotton ball in the mixture and apply to the affected area, morning and evening. Shake the mixture well before each use. Melaleuca (tea tree) may also be used neat for tough acne. **Keep essential oils away from eyes.**

ADDICTIONS
Inhalation—Apply 2 drops of lavender, cinnamon, or grapefruit to the palms,

cup over nose and mouth, and inhale as needed.

Topical—Apply 1 to 3 drops of lavender or German chamomile to the temples, back of the neck, and forehead to relax the mind and body.

Other—Practice deep breathing for 15 minutes as often as needed each day.

ADDISON'S DISEASE

Topical—Apply 5 drops each of rosemary and pine and 2 drops each of geranium, blue spruce, balsam fir, and clove 1 at a time to the adrenal area on the back (about midway). Gently feather each oil up the spine with the back of your fingers, and after applying all of the oils, cover entire back with 20 drops of carrier oil and massage into entire back. To improve results, apply a warm washcloth after complete process and leave in place until cool. Repeat this process up to 3 times daily. Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, once per week.

Other—Women should also consider the following: apply 2 to 4 drops of clary sage to the forehead or wrists, 1 to 2 times daily.

Other: Consider a natural bioidentical progesterone.

ADENOIDITIS (Inflamed Adenoids)

Topical—Apply 2 drops each of clove, cinnamon, lemon, oregano, and rosemary to the feet, 1 to 3 times daily. Apply myrrh and copaiba to the outside of the jaw just beneath the ears.

Oral—Gargle with a mixture of 1 drop each of copaiba, frankincense, and lemon; 1 teaspoon of honey; and one-quarter teaspoon of salt, 2 to 4 times daily.

ADRENAL FATIGUE

Topical—Apply 5 drops each of rosemary and pine and 2 drops each of geranium, blue spruce, balsam fir, and clove 1 at a time to the adrenal area on the back (about midway). Gently feather each oil up the spine with the back of your fingers, and after applying all of the oils, cover entire back with 20 drops of carrier oil and massage into entire back. To improve results, apply a warm washcloth after complete process and leave in place until cool. Repeat this process up to 3 times daily. Apply 3 to 5 drops of oregano, thyme, basil, cypress,

wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, once per week.

Other—Women should also consider the following: apply 2 to 4 drops of clary sage to the forehead or wrists, 1 to 2 times daily.

Other: Consider a natural bioidentical progesterone. Practice deep breathing techniques for 15 minutes, 2 times daily.

ALLERGIES

Oral—Take 1 capsule filled with 5 drops each of lavender and German chamomile and 3 drops of blue tansy, 1 to 3 times daily. Alternately, take a capsule filled with 3 drops each of peppermint, lemon, and lavender, 1 to 3 times daily.

Topical—Apply 1 drop lavender under the nose and 1 to several drops on the feet, 3 to 5 times daily.

ALTITUDE SICKNESS

Oral—Take a capsule filled with 5 drops of lemon, and 2 drops each of frankincense, cedarwood, and peppermint 1 to 3 times daily.

ALZHEIMER'S DISEASE/DEMENTIA

Topical—Massage 6 to 8 drops of lavender to the shoulders, back, and bottoms of the feet to improve sleep quality. Apply 1 to 2 drops each of frankincense, vetiver, and rosemary to the base of the neck, crown of the head, and behind the ears, 2 to 4 times daily. Apply 8 to 10 drops of orange oil on the bottoms of the feet, 1 to 2 times daily.

Inhalation—Apply 1 drop each of rosemary and peppermint oil on palms, rub together, and cup over nose and mouth to inhale as often as needed. Alternately, place 2 to 3 drops each of rosemary and peppermint oil in boiling water and place next to individual to inhale.

AMOEBIC DYSENTERY

Oral—Take a capsule filled with 3 drops each of oregano and lemongrass and 1 drop of thyme, 1 to 3 times daily.

Topical—Apply 1 drop each of basil, fennel, copaiba and thyme to the lower

abdomen, 2 to 4 times daily.

AMYOTROPHIC LATERAL SCLEROSIS (ALS)
See LOU GEHRIG'S DISEASE

ANEMIA
Oral—Take one or a combination of 4 to 6 drops of German chamomile, lemon, frankincense, or helichrysum, 2 times daily.

Topical—Apply 1 to 3 drops of German chamomile, frankincense, lemon, and/or helichrysum to the bottom of the feet, 2 to 4 times daily.

ANEURYSM
Topical—Mix 5 drops geranium and 1 drop each of helichrysum and cypress in equal parts carrier oil and apply to the head and back of the neck, every 2 hours.

Oral—Take 10 drops of lemon, 3 to 4 times daily.

ANGER
Inhalation—Place 1 drop each of ylang ylang, orange, and German chamomile on a tissue and inhale as needed.

Topical—Massage the soles of the feet (focusing on the liver area on the outside of the right foot) with 1 drop each of ylang ylang, orange, German chamomile, and lavender, 1 to 3 times daily.

ANGINA
Topical—Apply 1 to 3 drops each of wintergreen, clove, lavender, ylang ylang, and/or helichrysum over heart area, 2 to 4 times daily.

Oral—Take 10 drops of a combination of helichrysum, clove, lemon, or orange, 1 to 3 times daily.

ANKYLOSING SPONDYLITIS
Oral—Take a capsule filled with 7 drops of frankincense and 3 drops each of balsam fir and copaiba, 2 to 4 times daily. Take a capsule filled with 15 drops of lemon once daily.

Topical—Apply 2 drops each of basil, balsam fir, cypress, copaiba, and lavender

to the back and hips, 1 to 3 times daily. Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

Other—Keep the back limber by performing yoga cat-cow poses for 1 to 2 minutes immediately before bedtime.

ANXIETY

Topical—Apply 1 to 3 drops of lavender and cedarwood to the base of the skull, neck, and head.

Oral—Take 1 capsule filled with 3 drops each of lavender, cedarwood, and German chamomile, 1 to 3 times daily.

Inhalation—Apply 1 to 2 drops of cedarwood and lavender to 1 palm, rub together with the other palm, and cup hands over mouth and nose to inhale as often as needed.

APNEA, SLEEP

Topical—Apply 1 to 3 drops of thyme and/or black spruce to the bottoms of each big toe and the feet before retiring to bed.

Inhalation—Apply 1 drop each of black spruce and balsam fir on pillowcase before bedtime.

APPENDICITIS

Severe abdominal pain requires medical attention. The appendix could burst if not treated in a timely manner, which allows its contents to leak out and spreads infection throughout your abdomen.

Oral—Take a capsule filed with 3 drops each of ginger, lemon, and peppermint, and 2 drops each of basil and oregano, 2 to 4 times daily.

Topical—Apply 2 drops each of wintergreen, orange, and lemon to the arch of the right foot and near the heel.

Other—*DO NOT* massage the abdomen. Appendicitis is considered a medical emergency and professional care should be sought as soon as possible.

ARACHNOID CYSTS

ARACHNOID CYSTS

Topical—Apply 3 drops each of frankincense, vetiver, sandalwood, and blue spruce along the entire spine and to the base of the hairline. Apply 8 to 10 drops of orange oil to the feet, 2 times daily. Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

Oral—Take a capsule filled with 5 drops each of frankincense, vetiver, and sandalwood, 2 to 4 times daily.

ARTHRITIS (RHEUMATOID)

Topical—Apply 1 to 2 drops each of peppermint, wintergreen, frankincense, eucalyptus, and copaiba to affected area as needed (cypress and helichrysum may also be added to increase circulation to affected joints). Apply 3 to 5 drops of oregano and clove to the bottom of the feet, 2 times daily.

Oral—Take 1 capsule filled with 4 drops each of frankincense, balsam fir, and copaiba, and 1 drop of nutmeg, 2 times daily.

ARTHROGRYPOSIS MULTIPLEX CONGENITA (ARTHROGRYPOSIS)

Topical—Create a mixture of 1 drop each of marjoram, cypress, frankincense, lavender, basil, and German chamomile in 4 teaspoons of carrier oil and massage into the affected joints/muscles up to 3 times daily.

ASPERGER SYNDROME

Topical—Apply 1 to 3 drops of blue spruce to both sides of the neck, 1 to 3 times daily. Apply 8 to 10 drops of orange oil to the bottoms of the feet, 1 to 2 times daily. Apply 2 drops each of frankincense, vetiver, and sandalwood to the forehead and behind the ears 1 to 3 times daily. Applying a mixture of 2 drops each of lavender, ylang ylang, blue tansy, and orange to the bottoms of the feet or by gently stroking the person’s head with the oils on your hand may be calming during hyperactive episodes.

Inhalation—Inhaling 1 to 2 drops of lavender may reduce anxious feelings.

Other—Many individuals with Asperger syndrome are opposed to touch and certain odors, so it may be necessary to offer them the recommended oils and

allow them to choose which ones to apply.

ASTHMA
Topical—Apply 1 to 2 drops each of ginger, myrtle, thyme, and pine to the chest as often as needed. Apply 1 to 2 drops of oregano, peppermint, thyme, and myrtle to the bottoms of the feet, 2 to 3 times daily.

Inhalation—Apply 1 to 2 drops of lavender, ginger, or myrtle to 1 palm, rub together with other palm, cup over mouth and nose and inhale. Place 4 to 6 drops each of 1 or more of myrtle, ginger or lavender in 3 inches of hot water that is not too hot to touch with your hand and cover head with towel to inhale every 4 to 6 hours.

ATHEROSCLEROSIS
Oral—Ingest 4 drops each of rosemary, juniper, lemon, and ylang ylang, 2 to 4 times daily.

Topical—Apply ylang ylang, rosemary, and/or juniper on carotid arteries and over heart, 2 to 4 times daily.

ATHLETE'S FOOT
Topical—Soak foot in Epsom salts (use coarse sea salt for diabetics) bath with melaleuca (tea tree) and lavender added directly to the salts (not the water), 2 times daily. Apply 3 to 5 drops each of oregano, lemongrass, and melaleuca (tea tree) to affected areas after soaking.

ATTENTION-DEFICIT DISORDER (ADD) or ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD)
Topical—Apply 1 to 3 drops each of cedarwood, German chamomile, and lavender and/or frankincense and vetiver to the back of the neck, brain stem, and head up to 8 times daily (frankincense and vetiver increase focus, lavender and German chamomile help calm anxious feelings). Apply 3 to 5 drops of orange, 2 to 3 times daily.

Oral—Take 1 capsule filled with 2 drops each of cedarwood, lavender, and frankincense, 2 times daily.

ATTENTION DEFICIT DISORDERS—CHILDREN (ADHD and ADD)

Topical—Create a mixture of 1 to 3 (appropriate for age) drops of vetiver and frankincense in 1 teaspoon of carrier oil and apply a small amount of this mixture to the back of the neck, crown of the head, and behind the ears several times daily to increase focus (2–17 years). For a calming effect create a mixture of 1 to 3 (appropriate for age) drops of cedarwood and chamomile in 1 teaspoon of carrier oil and apply a small amount of this mixture to the back of the neck, crown of the head, and behind the ears, several times daily (2–17 years).

Oral—Take a capsule filled with 1 drop each of cedarwood, lavender, and frankincense, 2 times daily (6–11 years). Take a capsule filled with 2 drops each of cedarwood, lavender, and frankincense, 2 times daily (12–17 years).

AUTISM

Topical—Apply 1 drop of blue spruce to both sides of the neck, 1 to 3 times daily. Apply 8 to 10 drops of orange oil to the bottoms of the feet, 1 to 2 times daily. Apply 2 drops each of frankincense, vetiver, and sandalwood to the forehead and behind the ears, 1 to 3 times daily. Applying a mixture of 2 drops each of lavender, ylang ylang, blue tansy, and orange to the bottoms of the feet or by gently stroking the person's head with the oils on your hand may be calming during hyperactive episodes.

Inhalation—Inhaling 1 to 2 drops of lavender may reduce anxious feelings.

Other—Many individuals with autism are opposed to touch and certain odors, so it may be necessary to offer them the recommended oils and allow them to choose which ones to apply.

AUTISM—CHILDREN

Topical—Create a mixture of 1 to 3 (appropriate for age) drops of vetiver, sandalwood, and frankincense in 1 teaspoon of carrier oil and apply a small amount of this mixture to the back of the neck, crown of the head, and behind the ears, several times daily to support healthy nervous system function. Apply 3 drops of orange oil neat to the bottoms of the feet, 3 times daily (6–11 years), dilute in 1 teaspoon of carrier oil (1–5 years) and apply a small amount of the mixture to the feet. For a calming effect create a mixture of 1 to 3 (appropriate for age) drops of cedarwood and chamomile in 1 teaspoon of carrier oil and apply a small amount of this mixture to the back of the neck, crown of the head, and behind the ears, several times daily.

Inhalation—Let the child choose one or more of the following oils and place 1 drop on a cotton ball or tissue to inhale as desired: lavender, ylang ylang, orange, or blue tansy.

AUTOIMMUNE DISORDER (Immune Balancing Protocol)
Oral—Take a capsule filled with 3 drops each of vetiver, frankincense, lavender and spruce, and 1 drop of clove, morning and evening. Take an additional capsule with 3 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus and melaleuca (tea tree) once midday.

BACK PAIN
Topical—Apply a combination of 1 to 3 drops of wintergreen, black spruce, balsam fir, copaiba, peppermint, and frankincense to affected area, 2 to 4 times daily. For muscular back pain, use 2 to 3 drops of basil and marjoram instead.

Oral—Take 1 capsule with 5 drops each of frankincense, copaiba, and balsam fir, 2 times daily.

BARRETT'S ESOPHAGUS
Oral—Swallow 5 drops each of lemon and ginger in water, 2 to 4 times daily.

Topical—Apply 2 drops each of frankincense, ginger, lavender, and blue tansy externally to the throat and breastbone areas, 2 to 4 times daily.

BASAL CELL CARCINOMA
Topical—Apply 2 to 4 drops each of sandalwood, frankincense, geranium, cinnamon, and cypress to the affected area, 3 to 5 times daily. Apply 8 to 10 drops of orange oil to the bottoms of the feet, 2 to 3 times daily. Apply more geranium and helichrysum as the area begins to heal to prevent scarring.

Oral—Take 2 "single 0" capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional "single 0" capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

BED WETTING (NOCTURNAL URINATION)

Topical—Apply 3 to 5 drops of cypress mixed with carrier oil over the stomach and bladder area before going to bed.

BELL'S PALSY

Topical—Apply 1 drop each of frankincense, helichrysum, geranium, blue spruce, and copaiba directly behind and underneath both ears and on the affected area of the face, 2 to 3 times daily. Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

Oral—Take 1 capsule filled with 2 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.

BENIGN MOTOR NEURON DISORDER

Topical—Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 to 4 times weekly; apply 1 drop each of blue spruce, vetiver, frankincense, and sandalwood behind the ears and at the base of the skull, 2 to 4 times daily. Apply 10 drops of orange oil on the bottoms of the feet, 2 times daily. Apply 1 to 2 drops each of marjoram, pine, lavender, and lemongrass to the major muscles, 1 to 3 times daily.

Oral—Take a capsule filled with 5 drops each of frankincense, sandalwood, and myrrh, 1 to 3 times daily.

BENIGN PROSTATIC HYPERPLASIA (BPH), ENLARGED PROSTATE

Topical—Apply 1 drop of frankincense, myrrh, orange, balsam fir, and copaiba heavily diluted to the area between the anus and scrotum, 2 times daily.

Retention—Mix 3 drops each of frankincense, myrrh, and tsuga in 1 tablespoon of vegetable oil and insert rectally. Retain as long as possible.

Oral—Take a capsule filled with 4 drops each of oregano, vetiver, and rosemary, 1 to 3 times daily.

BIPOLAR DISORDER

Only use in conjunction with Western medical options and with approval from a physician.

Topical—Apply 1 drop each of frankincense, cedarwood, sandalwood, spruce, and lavender to the base of the skull and behind the ears, 2 to 4 times daily. Apply 2 to 3 drops of helichrysum over the liver, 1 to 3 times daily. Apply 5 drops of orange and 2 drops of lemon to the bottoms of the feet, 3 times daily.

Oral—Take a capsule filled with 5 drops of helichrysum, 1 to 3 times daily.

BITES (ANIMAL)

Topical—Apply 1 drop each of thyme, oregano, lavender, German chamomile, and lemongrass every 15 minutes for the first 2 hours, and then 1 time per hour for the next 24 to 48 hours. Apply peppermint to the bite as needed for pain.

Oral—Take a capsule filled with 3 drops of oregano, and 1 drop each of eucalyptus, melaleuca (tea tree), and thyme, 2 to 3 times daily.

BLADDER INFECTION

Oral—Take 1 capsule filled with 2 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.

Topical—Apply 2 drops each of clove, oregano, eucalyptus, and cinnamon to the bottoms of the feet, 2 to 3 times daily. Apply 3 drops each of juniper, oregano, and frankincense with 10 drops of vegetable oil to the pelvic area, 1 to 3 times daily.

Other—Drink 2 8-ounce glasses of unsweetened cranberry or blueberry juice daily for 3 to 5 days.

BLEEDING

Seek medical attention immediately if the blood spurts from the wound, or if it will not stop bleeding after 10 minutes of direct pressure.

Topical—Apply 1 to 2 drops of geranium, cypress, helichrysum, or lavender near the wound every 5 minutes until bleeding stops.

Other—Apply direct pressure to the wound.

BLISTERS

Topical—Apply 1 to 3 drops of lavender, German Chamomile, myrrh, or helichrysum to the blister several times daily.

BLISTERS (FEVER)
Topical—Apply 1 drop of melaleuca (tea tree), clove, or rosemary to the blister several times daily.

BLOATING
Oral—Take 1 to 3 drops of peppermint, juniper, and/or fennel in a capsule, 2 times daily.

BLOOD CLOT
Abnormal blood clots can be a medical emergency and lead to a stroke, heart attack, or other serious conditions. Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Massage 4 drops of lavender to the bottoms of the feet up to 3 times daily. Apply 1 to 3 drops of geranium, lemon, orange, and helichrysum to the affected area, 3 to 5 times daily.

Oral—Take 2 capsules with 3 drops each of geranium, helichrysum, orange, grapefruit, and lemon, 2 times daily.

BOILS
Topical—Apply 1 to 2 drops of lavender, frankincense, myrrh, peppermint, or melaleuca (tea tree), several times daily.

BONE SPURS
Topical—Apply 1 drop each of eucalyptus, myrtle, pine, lavender, tsuga, oregano, and peppermint to affected area, 2 to 3 times daily. Alternately, apply 2 to 5 drops of wintergreen, balsam fir, or cypress to affected area, 2 to 4 times daily.

BRAIN INJURY
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 1 to 2 drops each of frankincense, vetiver, cedarwood, sandalwood, and helichrysum to the base of the skull and back of the neck, 3 to 5 times daily. Apply 2 drops each of black spruce, blue tansy, and frankincense to the bottom of the feet, 2 to 3 times daily. When the person recovers enough,

apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

Oral—Take a capsule filled with 3 drops each of frankincense, vetiver, sandalwood, cedarwood, and helichrysum, 1 to 3 times daily. Alternately, place 1 drop of each oil on the tongue, 1 to 3 times daily.

BREASTFEEDING
See LACTATION PROBLEMS.

BRITTLE BONES
Topical—Apply 1 to 3 drops of wintergreen, helichrysum, and balsam fir to affected bones, 2 to 3 times daily. Women apply 1 to 3 drops of clary sage to the forehead or carotid arteries, 3 times daily. Men apply 3 drops of blue spruce to the feet, 3 times daily.

BROKEN BONES
Broken bones require more than essential oils. Seek medical attention to have the bone set and casted. This protocol is intended to help relieve pain and encourage normal healing of bones. It should be followed for the duration that the cast is on, applying oils for 3 weeks before resting 1 week, then repeating the application process.

Topical—Apply 3 drops each of balsam fir, cypress, helichrysum, lemongrass, and wintergreen to the area, 2 to 4 times daily.

Oral—Take a capsule filled with 5 drops each of balsam fir, copaiba, and frankincense, 1 to 3 times daily.

Other—Do not move the person if at all possible; this could make the injury worse. Apply a splint above and below the fracture sites if you are trained how to do so.

BRONCHITIS
Topical—Apply 3 to 5 drops of eucalyptus, ginger, myrtle, and/or copaiba to the chest as needed. Apply 3 to 5 drops each of oregano and 1 drop of thyme to the bottoms of the feet, 2 to 4 times daily.

Inhalation—Place 2 to 3 drops each of eucalyptus, myrtle, and copaiba in half cup of hot water in bowl, cover head and bowl with towel and inhale 3 to 6 times daily. To improve outcome, hold your breath for as long as possible during the inhalation then breathe out slowly.

Oral—Take 1 capsule filled with 3 drops carrier oil and 2 drops each of clove, cinnamon, lemon, oregano, and rosemary, 1 to 3 times daily.

BRUCELLOSIS

Oral—Take a capsule filled with 3 drops each of cinnamon, lemon, peppermint, marjoram, and 1 drop of nutmeg, 1 to 3 times daily.

Topical—Apply 3 drops each of lemon and peppermint to the spine as needed for fever. Apply 1 to 2 drops each of basil, marjoram, and ginger to sore muscles as needed.

BRUISE/BUMPS

Topical—Apply 2 to 4 drops of helichrysum, blue tansy, lavender, and/or frankincense to the bruise and surrounding area, several times daily (it is best to begin application directly after a blow that may cause a bruise).

BUNIONS

Topical—Apply 1 to 2 drops of lemon, wintergreen, and pine to the bunion, several times daily.

BURNS

Other—Cool the area in cold water for several minutes. Do not use ice.

Topical—Apply 2 to 3 drops of lavender, melaleuca (tea tree), or German chamomile to the burn every 15 minutes until pain subsides, and then apply every two hours or as necessary until healing is complete.

BURSITIS

Topical—Apply 2 to 4 drops each of wintergreen, balsam fir, and cypress to affected area, 3 to 5 times daily.

CALCIFIC TENDINITIS

Topical—Apply 2 drops each of cypress, balsam fir, eucalyptus, and wintergreen

and 1 drop each of grapefruit, lemongrass, and lemon to and widely around the affected area, 2 to 3 times daily.

Oral—For difficult calcification, take a capsule filled with 8 drops of lemon, 2 drops each of frankincense and balsam fir, and 1 drop of wintergreen, 1 to 2 times daily.

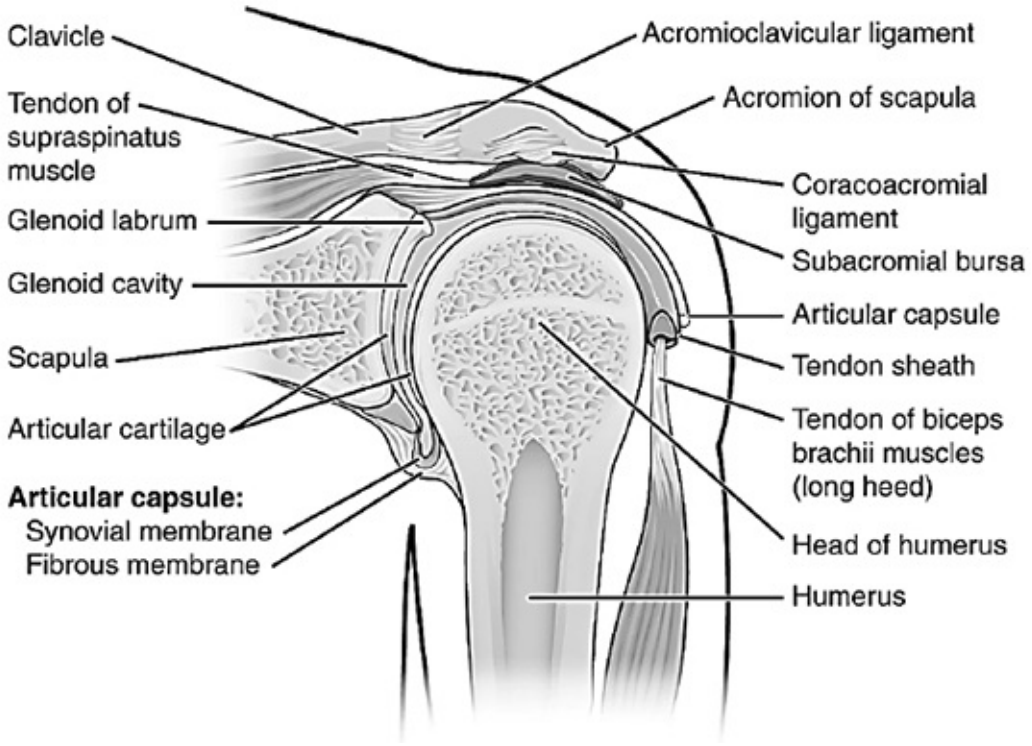


Image Credit: OpenStax College

CALLUSES

Topical—Apply 1 to 2 drops of oregano, lavender, or frankincense to the area, 2 to 3 times daily.

CANCER (ENRICHED FRANK-INCENSE, AND DISCLAIMER)

Both H.K. Lin, PhD, and Mahmoud Suhail, MD—who have extensive experience working with frankincense and cancer—recommend using "enriched" Boswellia sacra for cancer. Enriched frankincense is simply frankincense bottles that have been left open to allow the lighter chemical compounds to evaporate out, leaving the heavier chemical compounds. The bottle is allowed to evaporate (lid and orifice removed) until only 20 percent of

the oil remains. According to Dr. Lin, this makes Boswellia sacra 10 times more potent. Because cancer is a devastating disease, aggressive action is often necessary to correct it. Large oral doses are frequently suggested and may be difficult to take immediately; therefore, it is prudent to work up to the recommended dosage to allow the body to adjust. You may start with 1 quarter of the dosage, then work to half, and then to the full dose over a period of several days to a couple weeks. The same applies for orange oil when indicated. The average essential oil contains from 20 to 40 drops of essential oil per 1 mL. This figure can be used as a guide for dosing, but oils vary significantly based on their specific gravity, so it is not perfect. In general, 30 drops per milliliter is a good average.

Ideally, the individual should work closely with a physician or health care practitioner that can monitor liver and kidney function throughout. Liver function is measured by ALT (Alanine transaminase), AST (Aspartate aminotransferase), ALP (Alkaline phosphatase), albumin, and bilirubin tests. By measuring specific enzymes and proteins in your blood, problems with the liver can be detected. Kidney function should be monitored by ACR (Albumin to Creatinine Ratio) and GFR (glomerular filtration rate), which identify if any kidney damage is occurring as well as what degree.

The protocols below are experimental and not a substitute for appropriate medical care. Although some researchers and clinicians have used frankincense and orange essential oils successfully—and often in combination with other therapies—you should make health decisions that provide the greatest potential for a positive outcome. Nutrition, lifestyle, and environmental factors should also be assessed and adjusted as necessary. For more targeted and specific approaches, you may wish to see Chapter 6 of Medicinal Essential Oils. This chapter includes detailed information about cancer and the preliminary research that has been conducted in regards to essential oils. Ultimately, treatment decisions should be left to the patient, their loved ones and the attending health professional.

Disclaimer: Cancer is one of the most common life-threatening illnesses that affects up to half of us during our lifetime. You should never attempt to treat it alone. Ideally you will work closely with your physician and determine the best course of action that will lead you to healing. This partnership provides the greatest possibility of successful treatment and survival.

CANCER (BLADDER)

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

Topical—Apply 3 to 5 drops each of sandalwood, basil, and orange to the affected area up to 6 times daily.

CANCER (BONE)

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

Topical—Apply 3 to 5 drops each of clove, tsuga, and frankincense over the bladder area up to 6 times daily.

CANCER (BRAIN)

Topical—Apply 1 to 3 drops each of lemongrass, lemon, oregano, German chamomile, and thyme to the base of the skull and behind the ears, 3 to 6 times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1

frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don't have added sugar.

CANCER (BREAST)

Topical—Rub copious amounts of frankincense, sandalwood, myrrh, blue spruce, and myrtle on breasts, several times daily.

Oral—Take 2 "single 0" capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional "single 0" capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don't have added sugar.

CANCER (CERVICAL)

Topical—Apply copious amounts of frankincense and tsuga over the pubic area, several times daily.

Oral—Take 2 "single 0" capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional "single 0" capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Retention—Consider inserting 15 drops of frankincense and 5 drops of tsuga mixed with 1 tablespoon of carrier oil into the vagina on a tampon.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend

fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

CANCER (COLON)

Topical—Apply copious amounts of frankincense and sandalwood over the lower abdomen, several times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Retention—Consider inserting 10 drops each of frankincense and sandalwood mixed with 30 to 50 drops of carrier oil into the rectum and retaining.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly; alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

CANCER (GASTRIC, STOMACH)

Topical—Apply copious amounts of frankincense and sandalwood over the lower abdomen, several times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

CANCER (LUNG)

Topical—Apply copious amounts of frankincense, myrrh, and orange to the front and back of the ribs several times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Inhalation—Place 15 drops each of myrtle and eucalyptus in 3 inches of hot water that is not too hot to touch with your hand and cover head with towel to inhale every 2 hours.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

CANCER (ORAL)

Oral—First thing in the morning and on an empty stomach, add 2 drops each of clove, oregano, thyme and frankincense to 1 tablespoon of coconut oil; hold this mixture in the mouth and agitate regularly for 10 to 15 minutes—or until the oil thickens—then spit out (*DO NOT SWALLOW* as this procedure may pull toxins from the oral cavity). Repeat this procedure up to 3 times daily on an empty stomach. Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly; alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

CANCER (OVARIAN)

Topical—Heavily dilute and apply 2 to 4 drops each of thyme, sandalwood,

frankincense, geranium, and cypress to the lower abdominal region area, 3 to 5 times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

CANCER (PANCREATIC)

Topical—Apply copious amounts of frankincense, myrrh, and orange to the middle part of the left side of the back several times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

CANCER (PROSTATE)

Topical—Apply copious amounts of frankincense, sandalwood, and myrrh over the lower abdomen several times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules

from the second week forward.

Retention—Consider inserting 10 drops each of frankincense and sandalwood mixed with 1 tablespoon drops of carrier oil into the rectum and retaining.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don't have added sugar.

CANCER (SKIN)

Topical—Apply copious amounts of frankincense, melaleuca (tea tree), and 1 of the following: balsam fir or sandalwood to affected area several times daily

Oral—Take 2 "single 0" capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional "single 0" capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don't have added sugar.

CANCER (TESTICULAR)

Topical—Mix 10 drops each of frankincense and blue spruce in 2 teaspoons of carrier oil and apply to the testicles, 2 times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

CANCER (THYROID)

Topical—Apply 1 drop each of frankincense, balsam fir, myrtle, German chamomile, and nutmeg to the neck over the thyroid, 3 to 6 times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don't have added sugar.

CANCER (UTERINE)

Topical—Heavily dilute and apply 2 to 4 drops each of thyme, sandalwood, frankincense, geranium, and cypress to the lower abdominal region area, 3 to 5 times daily.

Oral—Take 2 "single 0" capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional "single 0" capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don't have added sugar.

CANCER (VAGINAL, VULVAR)

Topical—Heavily dilute and apply 2 to 4 drops each of sandalwood, frankincense, geranium, and cypress to the vulva and labia area, 3 to 5 times daily. Apply 8 to 10 drops of orange oil to the bottoms of the feet, 2 to 3 times daily. Apply more geranium and helichrysum as the area begins to heal to prevent scarring.

Oral—Take 2 "single 0" capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional "single 0" capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they

don’t have added sugar.

CANDIDA
Topical—Apply 1 to 3 drops each of lemongrass, clove, eucalyptus, lavender, and melaleuca (tea tree) to the bottoms of the feet, 2 times daily.

Oral—Take 3 drops each of oregano, lemongrass, lavender, and lemon in a capsule, 3 times daily.

CANKER SORES
Topical—Apply 1 drop of 1 or more of clove, lemon, melaleuca (tea tree), and/or peppermint directly to the canker sore several times daily. Rotating which oils are used will increase effectiveness.

CARPAL TUNNEL SYNDROME
Topical—Apply a combination of lemongrass, marjoram, peppermint, cypress, and wintergreen to affected area, several times daily.

Oral—For added support, take a capsule filled with 4 drops each of frankincense, copaiba, balsam fir, and lemongrass, 2 to 3 times daily.

CATARACTS
Topical—Apply lemongrass, frankincense, and lavender mixed with a little carrier oil widely around the orbit of the eye at night before going to bed.

Oral—Take 1 capsule filled with 5 drops each of frankincense, lavender, and lemongrass, 2 times daily.

CAVITIES
See your dentist to repair the cavity.

Topical—Apply clove and cinnamon oil to tooth (may require dilution), 3 times daily.

CELIAC DISEASE
Oral—Take a capsule filled with 4 drops of lemon, and ginger, and 1 drop each of cinnamon, grapefruit, fennel, and peppermint, 3 times daily, preferably before each meal.

CELLULITIS
Topical—Apply 1 drop each of helichrysum, lavender, melaleuca (tea tree), eucalyptus, and thyme to the affected area, 2 to 3 times daily.

CHAPPED SKIN
Topical—Apply 2 to 3 drops of lavender and/or myrrh and German chamomile to affected area as often as needed.

CHARCOT FOOT (NEUROPATHIC ARTHROPATHY)
Topical—Apply 8 to 10 drops of orange oil to the bottoms of the feet, 2 times daily. Massage 4 drops each of blue spruce, cypress, balsam fir, and vetiver to the top of the feet, 2 to 4 times daily. For wounds, apply 1 to 2 drops each of frankincense, copaiba, cedarwood, and lavender to the wound, several times daily.

CHERRY ANGIOMA
Topical—Apply a few drops of a mixture containing equal portions of frankincense, geranium, lemongrass, German chamomile, lavender, and orange in 4 teaspoons of carrier oil to the affected area, several times daily.

Oral —Take a capsule filled with 5 drops each of frankincense, lemongrass, and orange, 2 to 3 times daily.

CHICKEN POX
Topical—Mix 5 drops each of melaleuca (tea tree), lavender, lemongrass, and German chamomile with equal parts carrier oil and apply to spots, 3 times daily.

Oral—Take a capsule with 3 drops each of lemongrass, oregano, and lemon, 2 to 3 times daily.

CHILBLAINS
Topical—Apply 1 drop each of German chamomile, lavender, and cypress to the affected area, 1 to 3 times daily. Alternately, add 1 drop of each to each application of lotion.

CHOLERA
Oral—Take a capsule filled with 3 drops each of oregano and cinnamon, and 1 drop each of eucalyptus, melaleuca (tea tree), and thyme up to 4 times daily.

Other—Drink plenty of water with electrolytes to replenish what has been lost through diarrhea.

CHRONIC FATIGUE

Topical—Apply frankincense, sandalwood, and cedarwood to the base of the skull, brain stem, and head, 2 to 4 times daily.

Inhalation—Place 2 drops of peppermint in 1 palm, rub together with other palm, and cup over nose and mouth to inhale as often as necessary.

Oral—Take a capsule filled with 3 drops each of lemongrass, myrrh, and German chamomile, 2 times daily.

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Topical—Apply 3 to 5 drops of eucalyptus, myrtle, cedarwood, peppermint and/or copaiba to the chest as needed. Apply 3 to 5 drops each of oregano and 1 drop of thyme to the bottoms of the feet, 2 to 4 times daily.

Inhalation—Place 1 to 2 drops of eucalyptus, rosemary, myrtle, and peppermint in 3 inches of hot water that is not too hot to touch with your hand, and cover head with towel to inhale, 1 or 2 times daily.

Oral—Take 1 capsule filled with 2 drops each of pine, orange, lemon, eucalyptus, and ginger up to 3 times daily.

CIRCULATION, POOR

Topical—Apply 1 to 2 drops each of cypress, helichrysum, and cedarwood to the area of poor circulation, 3 to 5 times daily.

Oral—Take a capsule filled with 3 drops each of lemongrass, cypress, clove, and cinnamon, morning and evening.

CLOSTRIDIUM DIFFICILE INFECTION (C. Diff)

Oral—Take a capsule filled with 4 drops each of clove, cinnamon, and lemongrass, 1 to 3 times daily.

Retention—Dilute 1 drop each of clove, cinnamon, lemongrass in 2 tablespoons of carrier oil and insert into the rectum. Retain for as long as possible and repeat the procedure up to 2 times daily.

COLD
Topical—During early onset of cold, apply 2 drops each of eucalyptus, melaleuca (tea tree), and lemon to the chest and neck every 15 to 30 minutes for the first 4 hours. Apply 1 to 2 drops each of cinnamon, oregano, clove, lemon, and eucalyptus to the bottom of the feet as often as every 2 hours thereafter until symptoms subside.

Inhalation—Place 1 drop of eucalyptus or melaleuca (tea tree) under the nose, and rub 2 drops of each on the upper chest.

Oral—At the first signs of cold, drop 1 drop of melaleuca (tea tree) under the tongue every 15 minutes for the first hour, swishing it around your mouth and at the back of the throat for 2 to 3 minutes. Take 1 capsule filled with 2 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily thereafter.

COLD SORES
Topical—Apply a mixture of clove, lemon, melaleuca (tea tree), and peppermint directly to the cold sore, several times daily.

COLIC
There are many underlying reasons a child experiences colic. It is strongly recommended to check for medical causes of irritability such as food sensitivities, acid reflux, etc.

Topical - Mix together 1 drop of German chamomile and lavender in 3 teaspoons of carrier oil and apply to the infant's abdomen up to 3 times daily (birth-12 months). Give the infant a warm aromatic bath by adding 1 drop of lavender in 1 teaspoon of carrier oil to the bath water.

Inhalation - Apply lavender and cedarwood to your body for infant to inhale.

COLITIS, ULCERATIVE
Oral—Take a capsule filled with 2 drops each of fennel, copaiba, peppermint, German chamomile, geranium, and ginger, 3 times daily.

Topical—Apply peppermint, winter-green, or fennel on the lower abdomen, 2 to 4 times daily.

COMPARTMENT SYNDROME

COMPARTMENT SYNDROME
Permanent damage or disability may occur if pressure is not relieved quickly. Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 1 to 2 drops each of cypress, helichrysum, lemongrass, grapefruit, lemon, wintergreen, geranium and cypress to affected area, 2 to 4 times daily.

Oral—Take a capsule filled with 1 to 3 drops each of grapefruit, lemon, and lemongrass, 1 to 3 times daily.

COMPLEX REGIONAL PAIN SYNDROME (REFLEX SYMPATHETIC DYSTROPHY SYNDROME)
Topical—Apply 2 drops each of frankincense, vetiver, helichrysum, and geranium to the spine, 1 to 2 times daily. Apply 1 to 2 drops each of lavender, balsam fir, helichrysum, copaiba, and peppermint to areas of discomfort, 2 to 4 times daily.

Oral—Take a capsule filled with 3 drops each of frankincense, copaiba, balsam fir and vetiver, and 2 drops of helichrysum 1 to 3 times daily.

CONCUSSION
Anyone with a concussion should be assessed by a physician.

Topical—Apply 2 drops each of frankincense, vetiver, and sandalwood to brain stem and head, 1 to 3 times daily.

Oral—Take a few drops each of frankincense and peppermint internally, 1 to 3 times daily.

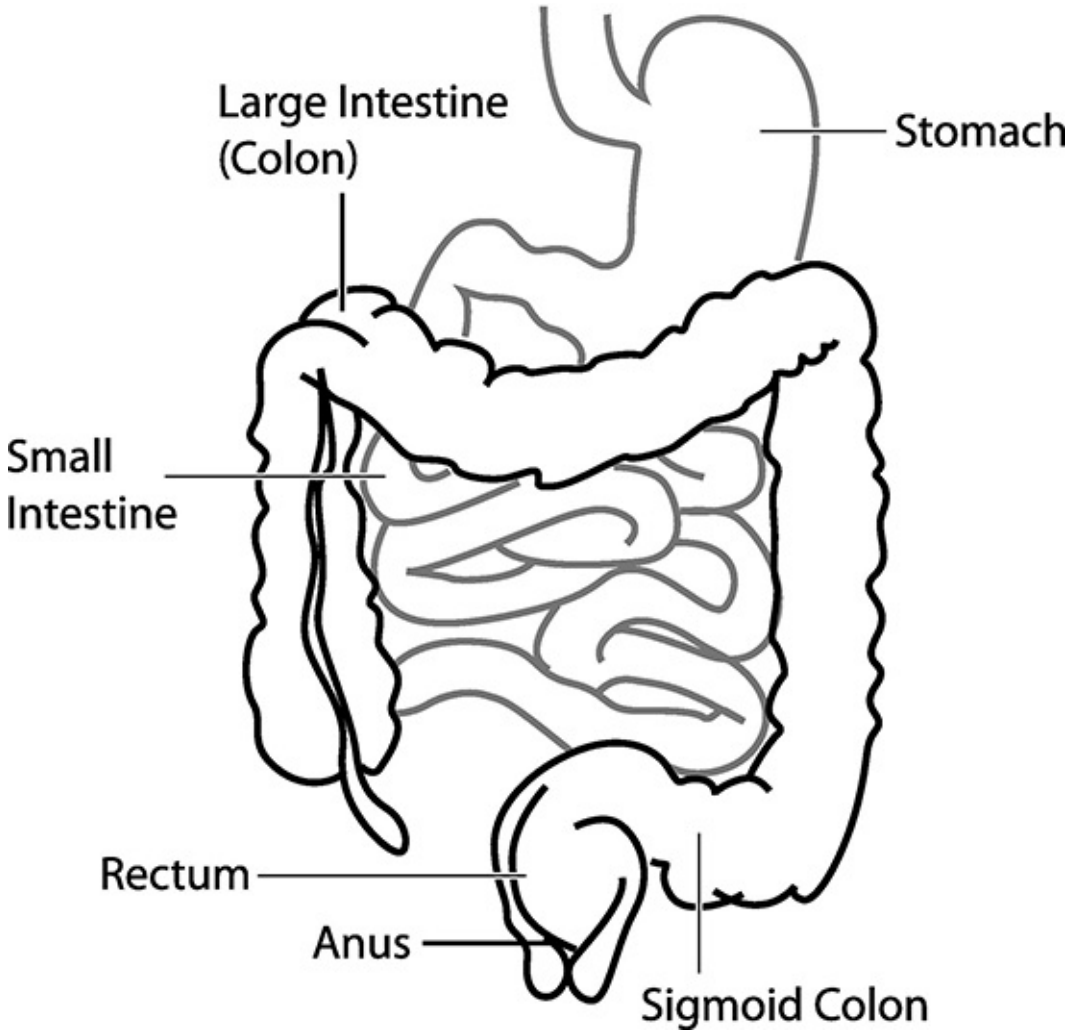
CONGESTION (SINUS)
Topical—Apply eucalyptus, peppermint, or blue spruce to the cheeks, nose, chest, and upper back as often as needed.

Inhalation—Place 6 to 10 drops each of eucalyptus and peppermint in a boiling pot of water, cover head and bowl with towel to inhale.

CONJUNCTIVITIS (PINK EYE)
Topical—Apply lavender, melaleuca (tea tree), or frankincense in a wide circle

around both eyes, several times daily. Apply 1 drop of lavender to palm and cup over eye for 5 minutes.

Oral—Take 1 capsule filled with 2 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.



CONSTIPATION

Oral—Take a capsule with 2 drops each of juniper, ginger, and lemon, 1 to 3 times daily, or until constipation is relieved.

Topical—Apply 1 drop each of lemon and ginger over the abdomen, 1 to 3 times daily, or until constipation is relieved.

Other—Sit on a chair and bring your knees to your chest, 1 leg at a time, 25 to 50 times each leg.

CONVULSIONS

A person who experiences a convulsion should have further evaluation by medical professionals to determine the cause.

Topical—Apply 3 to 5 drops of frankincense, copaiba, or a mixture of lemon and orange to the base of the skull, across the neck, and the upper part of the spine.

CORNS

Topical—Apply 1 to 2 drops of clove, oregano, frankincense, or grapefruit to the corn, several times daily.

COUGH

Topical—Massage 1 to 2 drops each of eucalyptus, myrtle, cedarwood, and peppermint into the chest and upper back, several times daily; cover chest with a warm, wet rag following application.

Oral—Take a capsule with 3 drops each of oregano, cinnamon, myrrh, and lemon, 2 to 3 times daily. Create a cough syrup by adding 5 drops each of lemon and melaleuca (tea tree) and 3 drops each of thyme and peppermint to 1 cup of pure maple, yacon, or raw honey (must be 13 months or older for honey) and give 1 teaspoon of this mixture, 4 to 6 times daily.

Inhalation—Place 6 to 10 drops each of eucalyptus and peppermint in a boiling pot of water. Cover head and bowl with towel to inhale. For young children, use cedarwood and myrtle instead.

CRAMPS, MUSCLE

Topical—Massage 2 to 4 drops of peppermint, copaiba, basil, rosemary, and/or lemongrass on the muscle, several times daily.

Oral—Take peppermint and lemongrass internally, 2 to 3 times daily.

CRAMP-FASCICULATIONS SYNDROME

Topical—Apply 1 to 2 drops each of geranium, vetiver, basil, lavender, peppermint, and marjoram to the affected area(s), 2 to 4 times daily.

Oral—Take a capsule filled with 3 drops each of frankincense, vetiver, lavender, and orange, 1 to 3 times daily.

CROHN'S DISEASE
Oral—Take a capsule filled with 2 drops each of fennel, copaiba, peppermint, German chamomile, geranium, and ginger, 3 times daily.

Topical—Apply 1 drop each of peppermint, ginger, and fennel on the lower abdomen, 2 to 4 times daily.

CROUP
Topical—Massage 1 to 2 drops each of eucalyptus (lavender for children under age 5), marjoram, or myrtle onto the chest and upper back, several times daily; cover chest with a warm wet rag following application. Apply oregano, lemon, and lavender to the bottom of the feet every 1 to 3 hours.

Oral—Adults take 1 capsule filled with 1 to 3 drops each of oregano, cinnamon, myrrh, and lemon, 2 to 3 times daily.

Inhalation—Place 2 to 3 drops each of eucalyptus, myrtle, marjoram, and/or peppermint in a boiling pot of water, cover head and bowl with towel to inhale.

CRYPTOSPORIDOSIS
Oral—Take a capsule filled with 3 drops each of cinnamon, lemongrass, oregano, peppermint, and lemon, 1 to 2 times daily.

Retention—For difficult cases, consider mixing 2 drops each of oregano, lemon, and eucalyptus in 1 tablespoon of carrier oil and retain in rectum for up to 8 hours; repeat, 2 times daily.

CUTS/SCRAPES
Topical—Apply 1 to 4 drops of a mixture of lemongrass, melaleuca (tea tree), and eucalyptus to the area as an antiseptic every 4 hours. Apply 1 to 3 drops lavender and/or frankincense to the area to promote healing every 2 to 4 hours.

CYST (GANGLION)
Topical—Apply 1 to 2 drops of oregano, thyme, or frankincense to the area, 1 to 3 times daily.

CYST (SPLENIC)
A splenic cyst should be evaluated by a physician as rare complications like hemorrhage, rupture, and infection may occur.

Oral—Take 5 drops of oregano, 2 drops each of frankincense, lemon, geranium, grapefruit, and sandalwood in a capsule, 1 to 3 times daily.

Topical—Apply 2 to 3 drops each of oregano, thyme, frankincense, and orange under the left breast to the bottom of the rib cage near the edge of the torso, 2 to 3 times daily.

CYSTITIS
See URINARY TRACT INFECTION

DANDRUFF
Topical—Mix 2 drops each of melaleuca (tea tree), rosemary, lavender, cedarwood, and basil in a carrier oil and massage into scalp and leave in for 1 hour; wash out with a natural shampoo and/or mild water after 1 hour.

DARIER DISEASE (KARATOSIS FOLLICULARIS)
Topical—Mix 1 drop each of lavender, melaleuca (tea tree), frankincense, oregano, lemongrass, and German chamomile in 1 tablespoon of coconut oil and apply to affected area, 1 to 3 times daily.

DENGUE FEVER
See YELLOW FEVER

DENTAL FILLING, LOST
This is meant to be performed while waiting to see the dentist to replace the lost filling.

Topical—Mix together a small amount of beeswax or zinc oxide powder (you can also purchase dental wax or compound) with 2 drops of clove oil and place in tooth where filling fell out.

DENTAL INFECTION
Topical—Apply 1 drop of clove, myrrh, thyme, or oregano diluted to gums and teeth, 2 to 3 times daily.

DEPRESSION
Do not quit antidepressant medications without the express consent of your

doctor. Use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply frankincense or ylang ylang to heart center, 3 to 5 times daily. Apply a mixture of up to 10 drops of citrus oils to a place that won't be exposed to the sun, 1 to 3 times daily.

Inhalation—Apply 2 drops each of lemon and orange to 1 palm, rub together, and cup hands over mouth and nose to inhale as often as needed.

DERMATITIS

Other—Wash affected skin with a mixture of cool to lukewarm water and 1 tablespoon of sea salt or baking soda (this can sting—like pouring salt in a wound). Some essential oils and carrier oils will exacerbate chronic skin conditions. If this occurs, consider applying homeopathic calendula or cardiospermum instead.

Topical—After washing skin as indicated above, mix together 2 tablespoons of olive oil and 1 drop each of geranium, lavender, frankincense, German chamomile, blue tansy, and melaleuca (tea tree) and gently apply to irritated area up to 3 times daily.

DERMATITIS (SEBORRHEIC)

Other—In a large bowl, mix together several cups of water and up to 1 cup of sea salt, thoroughly wash hair, scalp, and other irritated areas with this mixture, 1 to 2 times daily (this can sting—like pouring salt in a wound).

Topical—Apply a mixture of 2 tablespoons of olive oil and 1 to 2 drops each of geranium, lavender, frankincense, German chamomile, blue tansy, and melaleuca (tea tree) to the scalp, leave in place for at least 20 minutes and up to overnight, and then shampoo hair and scalp with a natural shampoo.

DIABETES

Topical—Apply 1 to 3 drops each of cinnamon, lemongrass, fennel, and copaiba to the bottoms of the feet, particularly the pancreas point on the outer edge of the left foot about midway down, 2 to 4 times daily.

Oral—Take 1 capsule with 2 drops each of cinnamon, fennel, lemongrass, and grapefruit, morning and evening.

DIAPER RASH
Topical—Mix together 1 drop each of lavender, German chamomile, and melaleuca (tea tree) in 1 teaspoon of carrier oil and apply at each diaper change.

DIARRHEA
Oral—Take a capsule with 3 drops each of peppermint and fennel, 1 to 3 times daily, or until diarrhea is relieved.

Topical—Apply 1 to 3 drops of peppermint and fennel over the abdomen every hour or until diarrhea is relieved.

Other—Drink plenty of water to replenish lost fluids.

DISTAL RENAL TUBULAR ACIDOSIS
Oral—Take a capsule filled with 7 drops of lemon and 3 drops of juniper, 2 to 3 times daily.

Topical—Apply 2 to 3 drops of pine over the kidney area on the back, 3 times daily.

DIVERTICULITIS
Oral—Take 1 capsule filled with 2 drops each of oregano, peppermint, nutmeg, cypress, fennel, and marjoram, 2 to 3 times daily.

Topical—Apply oregano, peppermint, nutmeg, cypress, fennel, and marjoram over the abdomen, 2 to 3 times daily.

DIZZINESS
Inhalation—Place 1 drop each of peppermint and cypress in 1 palm, rub together with other palm, and cup hands over mouth and nose to inhale as often as necessary.

Topical—Apply peppermint, frankincense, or cypress to the temples, back of the neck and shoulders.

DOPAMINE DEFICIENCY
Topical—Apply 1 to 2 drops of geranium, eucalyptus, and clary sage behind and underneath the ears, 1 to 3 times daily.

Inhalation—Place 1 drop of geranium, lemon, and clary sage on a tissue and inhale as needed. Refresh tissue up to 3 times daily.

DRY SKIN
Topical—Apply lavender, myrrh, or German chamomile to affected area as often as needed.

DUPUYTREN'S CONTRACTURE
Topical—Massage 1 drop each of lemongrass, basil, marjoram, vetiver, and frankincense to the affected area several times daily.

DYSESTHESIA (CUTANEOUS)
Topical—Apply 1 drops each of vetiver, blue spruce, peppermint, juniper, German chamomile, and helichrysum to the area, 2 to 4 times daily.

Oral—Take a capsule with 5 drops of helichrysum and 2 drops each of vetiver, copaiba, and lavender, 1 to 3 times daily.

DYSENTERY
Seek medical attention if symptoms are severe or last longer than a few days.

Oral—Take 1 capsule with 4 drops each of peppermint, lemon, and oregano, 2 to 3 times daily.

Topical—Apply 1 to 3 drops of peppermint, wintergreen, fennel, or oregano to abdomen, 2 to 3 times daily.

EAR INFECTION
Topical—Apply 1 to 2 drops each of lavender and melaleuca (tea tree) around the ear and on the fleshy part of the ear every 30 minutes until pain subsides, and then apply every 2 hours. Apply 1 to 2 drops each of oregano, cinnamon, clove, rosemary, and lemon to the bottom of the feet every 30 minutes until pain subsides, and then every 2 to 4 hours for the next 24 hours.

Other—Apply 1 drop of melaleuca (tea tree) to a cotton ball and place inside ear, refresh every 30 minutes until pain diminishes, and then refresh every 2 hours; leave a fresh cotton ball in overnight.

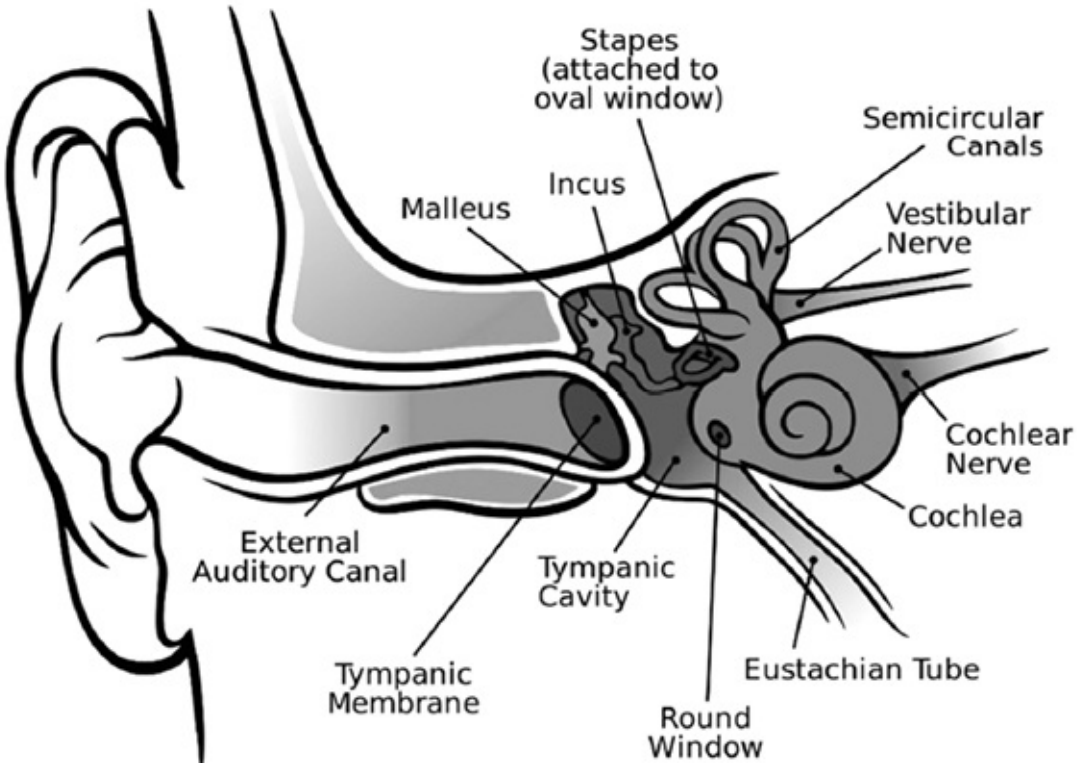


Image Credit: Chittka L, Brockmann A

EAR MITES

Topical—Apply 2 to 3 drops each of eucalyptus and melaleuca (tea tree) around the ear and on the fleshy part of the ear, 3 to 5 times daily.

Other—Apply 1 drop of melaleuca (tea tree) and eucalyptus to a cotton ball and place inside ear, and then refresh every hour; leave a fresh cotton ball in overnight.

EARACHE

Topical—Apply 1 to 2 drops each of peppermint and lavender around the ear and on the fleshy part of the ear every 30 minutes until pain subsides, and then apply every 2 hours. Apply 1 to 2 drops each of oregano, cinnamon, clove, rosemary or melaleuca (tea tree), and lemon to the bottom of the feet every 30 minutes until pain subsides, and then every 2 to 4 hours for the next 24 hours.

Other—Apply 1 drop of melaleuca (tea tree) to a cotton ball and place inside ear, refresh every 30 minutes until pain diminishes, and then refresh every 2 hours; leave a fresh cotton ball in overnight.

EATING DISORDER (Anorexia & Bulimia)
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Massage 2 drops each of orange, German chamomile, and ginger to the feet up to 3 times daily. Place 1 drop of frankincense on the crown of the head and behind the ears 3 times daily.

Inhalation—Put 1 drop each of orange and German chamomile on a tissue and inhale as needed throughout the day.

Oral—Take a capsule with 2 drops each of orange, German chamomile, and ginger, 1 to 3 times daily.

EBOLA VIRUS DISEASE
Ebola is life threatening. This protocol should only be used if no medical care or standard treatment is available.

Oral—Take a capsule filled with 4 drops each of cinnamon, clove, and oregano and 1 drop each of eucalyptus and melaleuca (tea tree), 2 to 3 times daily. Take a second capsule with 5 drops each of geranium and helichrysum for hemorrhaging state. If severe nausea or vomiting is occurring, take a capsule filled with 3 drops each of ginger, peppermint, and 1 drop of fennel 1 to 3 times daily.

Topical—Apply 5 drops of peppermint or lemon along the spine, 2 to 4 times daily for fever. Apply 5 drops each of cypress and helichrysum along the spine, 2 to 4 times daily for hemorrhaging.

Inhalation—Apply 1 to 2 drops of peppermint or ginger to your palms, rub together, and cup over your nose and mouth to inhale as needed for nausea.

ECTHYMA
Topical—Apply 1 to 2 drops each of thyme, melaleuca (tea tree), lemongrass, and lavender to the affected area, 2 to 4 times daily. Apply 1 drop each of lavender, geranium, and myrrh, 1 to 3 times daily as the area begins to heal.

Oral—Take 2 drops each of thyme, lemongrass, lavender, and cinnamon, 1 to 3 times daily.

ECZEMA

ECZEMA
Topical—Apply a mixture of 2 to 3 drops each of lavender, frankincense, and melaleuca (tea tree) in 2 tablespoons of carrier oil to the affected area as often as needed. Lemon oil may also be beneficial, but you must avoid sun exposure where applied following application.

Other—Some essential oils and carrier oils will exacerbate chronic skin conditions. If this occurs, consider applying homeopathic calendula or cardiospermum instead.

EDEMA
Topical—Massage 2 to 3 drops each of lemongrass, grapefruit, lemon, and cypress in a teaspoon of carrier oil to affected area in strokes toward the heart, 1 to 3 times daily.

Oral—Take a capsule filled with 1 to 3 drops each of grapefruit, lemon, and lemongrass, 1 to 3 times daily.

Other—If swelling is in ankles or feet, keep feet elevated when sitting.

EHLERS-DANLOS SYNDROME
Topical—Apply 2 drops each of cypress, helichrysum, frankincense, rosemary, and vetiver to the long limbs and abdomen, 1 to 2 times daily. For pain, apply 3 drops each of eucalyptus, balsam fir, peppermint, and wintergreen to areas of discomfort. Apply 5 to 10 drops of orange oil to the bottoms of the feet 3 times daily.

Oral—Take a capsule filled with 5 drops each of balsam fir, copaiba, and lavender, 1 to 2 times daily. Take an additional capsule with 3 drops each of ginger, frankincense, and peppermint, and 1 drop of fennel daily.

EMOTIONAL SHOCK
Topical—Apply 3 to 5 drops of frankincense, German chamomile, and/or lavender over the sternum, 2 to 3 times daily.

Inhalation—Apply 2 drops of lavender or German chamomile to 1 palm and rub palms together, cup hands over person’s nose and mouth, and have them inhale.

ENDOMETRIOSIS
Retention—Mix 5 drops each of geranium, frankincense, melaleuca (tea tree),

cypress, and rosemary in 1 ounce of carrier oil, apply to tampon, insert vaginally, and retain overnight.

Topical—Massage the abdomen with 3 drops each of rosemary, copaiba, lavender, and cypress and cover with a hot compress. Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

Oral—Take a capsule filled with 10 drops of sandalwood and 5 drops of copaiba, 1 to 3 times daily.

Other: Consider a natural bioidentical progesterone.

ENTEROVIRUS

Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 2 drops each of eucalyptus (preferably *Eucalyptus globulus*), rosemary, basil, and ginger to the chest and upper back and cover with a warm compress, 3 to 5 times daily. Apply 2 drops each of clove, oregano, cinnamon, and 1 drop of thyme to the bottoms of the feet, 2 to 4 times daily.

Oral—Take a capsule filled with 2 drops each of ginger, oregano, cinnamon, rosemary, and 1 drop each of eucalyptus and basil, 2 to 4 times daily.

Inhalation—Place 4 drops each of eucalyptus, rosemary, and basil 3 inches of hot water that is not too hot to touch with your hand, and cover head with towel to inhale every 2 hours.

EPIDIDYMITIS

Topical—Mix 5 drops each of frankincense and copaiba with 1 teaspoon of vegetable oil and apply to the scrotum, 1 to 3 times daily. Apply 2 drops each of helichrysum and geranium over the spleen 1 to 3 times daily. For shortness of breath, apply 2 to 4 drops of myrtle to the chest as often as needed.

Oral—Take 1 capsule filled with 2 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.

EOSINOPHILIC ESOPHAGITIS<

Oral—Take 5 drops each of lemon and ginger in water, 2 to 4 times daily.

Topical—Apply 2 drops each of frankincense, ginger, lavender, and blue tansy externally to the throat area, 2 to 4 times daily.

EPILEPSY

Always try new essential oils with a companion that can offer help as certain essential oil aromas can trigger an epileptic reaction in those with epilepsy, even those not listed as triggers.

Oral—Take 1 capsule with 3 drops each of frankincense, cedarwood, lemongrass, and lavender, 1 to 3 times daily.

Inhalation—Place 2 to 3 drops of frankincense, cedarwood, or clary sage in 1 palm, rub palms together, and cup over nose and mouth to inhale. Add 4 to 6 drops of clary sage, frankincense, or cedarwood to 3 inches of hot water that is not too hot to touch with your hand, cover your head and the water with a towel over, and breathe deeply.

Other—See the list of oils to avoid on page 25.

EPSTEIN BARR (MONONUCLEOSIS)

Oral—Take a capsule filled with 3 drops each of thyme, oregano, lemon, and cinnamon, 1 to 3 times daily. For sore throats, gargle with 1 to 2 drops each of lemon, peppermint, eucalyptus, and clove every 1 to 3 hours (mix with honey for better results) and swallow mixture.

Topical—Apply 2 drops each of eucalyptus and frankincense on the front of the neck. Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

ERECTILE DYSFUNCTION

Oral—Take 1 to 2 drops of geranium or fennel under the tongue nightly. Take a capsule filled with 2 drops each of ginger, marjoram, rosemary, and cypress at least 1 hour before intercourse.

Topical—Apply 4 to 5 drops of blue spruce on each forearm daily. Dilute heavily and apply 1 drop each of cypress, marjoram, helichrysum, and ginger around the base of the penis approximately 30 minutes before intercourse.

ESSENTIAL TREMORS
Topical—Apply 3 to 5 drops of oregano, thyme, basil, cypress, vetiver, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine once per week. Apply 1 drop each of vetiver, sandalwood, blue spruce and geranium behind the ears and at the base of the skull, 2 to 4 times daily.

EXHAUSTION
Topical—Apply one or a combination of peppermint, rosemary, and/or cypress to the bottoms of the feet and base of the skull, 2 to 4 times daily.

Inhalation—Place 2 to 3 drops of peppermint, rosemary, and/or cypress on palm and rub palms together, cup over nose and mouth, and breathe deeply as needed.

FAINTING
Inhalation—Put 2 to 3 drops of peppermint and or sandalwood in palms, rub together, and cup over nose and mouth to inhale until symptoms subside.

FATIGUE (PHYSICAL)
Inhalation—Place 2 to 3 drops of peppermint, rosemary, and/or lemongrass on palm and rub palms together, cup over nose and mouth, and breathe deeply.

Topical—Apply 1 to 2 drops of peppermint, rosemary, and/or lemongrass to the temples, behind the ears, and over the sternum.

FATIGUE (MENTAL)
Inhalation—Place 2 to 3 drops of peppermint, frankincense, and/or balsam fir on palms, rub palms together, and cup over nose and mouth to inhale as needed.

Topical—Apply 2 to 4 drops of peppermint, frankincense, and/or balsam fir to the base of the skull, head, and neck as needed.

FEAR
Topical—Place 2 to 3 drops of ylang ylang and/or blue spruce to the temples, forehead, and bottoms of the feet as often as needed.

Inhalation—Place 2 to 3 drops of ylang ylang and blue spruce on palms, rub palms together, and cup over nose and mouth to inhale as needed.

FEVER
Topical—Apply peppermint or eucalyptus to the forehead, temples, back of neck, and tips of the ears as often as needed. For younger children, apply lavender or lemon on the spine; also apply lavender to the bottoms of the feet and back of the neck. Apply 1 to 2 drops each of cinnamon, lemon, eucalyptus, clove, and rosemary or melaleuca (tea tree) to the bottoms of the feet, 2 to 4 times daily to control any infection.

FIBROMYALGIA
Topical—Apply 1 to 2 drops each of frankincense, vetiver, sandalwood, and cedarwood to the base of the skull, behind the ears, and top of the head 2 to 4 times daily; apply copaiba, wintergreen, and or balsam fir to areas of pain, 2 to 5 times daily.

Inhalation—Place 2 drops of peppermint in 1 palm, rub together with other palm, and cup over nose and mouth to inhale as often as necessary.

Oral—Take a capsule filled with 2 drops each of lemongrass, nutmeg, frankincense, myrrh, and German chamomile, 2 times daily.

FIFTH DISEASE
Topical—Apply 1 to 2 drops each of melaleuca (tea tree), thyme, lavender, and geranium to the affected area up to 3 times daily.

Oral—Take a capsule filled with 3 drops each of oregano, cinnamon, and lemon, and 1 drop each of eucalyptus and thyme, 1 to 3 times daily.

FLATULENCE
Oral—Take 1 capsule filled with 3 drops each of lemongrass, juniper, and peppermint, 1 to 3 times daily.

Topical—Apply 1 to 2 drops of peppermint, lemongrass, and/or juniper to the lower abdomen, 1 to 3 times daily.

FLU (INFLUENZA)
Oral—Take a capsule filled with 3 drops of carrier oil and 2 drops each of clove, oregano and cinnamon and 1 drop of eucalyptus, 2 to 3 times daily.

Topical—Apply eucalyptus or myrtle to the chest several times daily, and cover

with a warm, wet towel. Apply 2 drops each of oregano, eucalyptus, lemon and cinnamon to the bottoms of the feet every 1 to 3 hours.

FOOD INTOLERANCE

Oral—Apply 1 drop of peppermint on the tongue 2 to 4 times daily. Take 1 capsule with 2 drops each of lavender, lemongrass, ginger, and German chamomile, 1 to 3 times daily.

Topical—Apply 1 drop lavender under the nose and 1 to several drops on the feet.

FOOD POISONING

Oral—Take 1 capsule filled with 3 drops each of lemongrass, juniper, and peppermint, 1 to 3 times daily, or until symptoms are alleviated.

Topical—Apply 1 to 2 drops of peppermint, lemongrass, and/or juniper to the lower abdomen, 1 to 3 times daily.

FOX-FORDYCE DISEASE

Topical—Apply a mixture of 2 to 4 drops each of oregano, melaleuca (tea tree), and lavender in equal parts of carrier oil to the affected areas, 2 to 4 times daily. For the groin, dilute the mixture more heavily or omit oregano and apply the melaleuca (tea tree) and lavender only.

FRIEDREICH'S ATAXIA

Topical—Massage 2 to 3 drops each of pine, basil, lavender, and balsam fir along spine 2 to 4 times daily. Apply 1 to 2 drops each of marjoram, pine, lavender, and lemongrass to the major muscles, 1 to 3 times daily. Apply 1 to 2 drops of vetiver, geranium, frankincense, and sandalwood behind the ears, 2 to 4 times daily.

Oral—Take a capsule filled with 5 drops each of orange, frankincense, and vetiver, 1 to 3 times daily.

FROSTBITE

Topical—Create a warm compress by mixing 2 drops of thyme, cypress, and rosemary in warm water, then dip a cloth in the water, and wrap frostbitten area. Cover with plastic and a hot water bottle for 3 hours. Massage the area with 1 to

2 drops each of thyme, cypress, and rosemary to the area 3 to 5 times daily. For frostbitten feet soak the feet in warm water with 1 to 2 drops of each oil mixed in half a cup of Epsom salts (use coarse sea salt for diabetics).

FUNGAL INFECTION
Topical—Apply oregano, lemongrass, melaleuca (tea tree), and/or lavender to area, several times daily.

Oral—Take 1 capsule filled 3 drops each of lemongrass, oregano, and cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.

G6PD (GLUCOSE-6-PHOSPHATE DEHYDROGENASE) DEFICIENCY
Topical—Mix together 1 drop each of lemon and frankincense in 2 teaspoons of carrier oil and apply this mixture to the spine and lower back up to 3 times daily (birth–12 months). Mix together 1 to 2 drops each of lemon, ginger, clove, helichrysum, and cypress in 1 teaspoon of carrier oil and apply this mixture to the spine and lower back up to 3 times daily (1–17 years).

Other—Avoid the use of essential oils with high menthol and camphor content.

GALLBLADDER INFECTION/INFLAMMATION
Oral—Take 1 capsule filled with 5 drops each of lemon, juniper, and pine, 2 to 3 times daily.

Topical—Apply 2 to 3 drops each of peppermint, juniper, and German chamomile over the gallbladder area, 2 to 3 times daily.

GALLBLADDER STONES (GALLSTONES)
Oral—Take 1 capsule filled with 4 drops each of lemon, juniper, grapefruit, and helichrysum, 1 to 3 times daily.

Topical—Apply 5 to 10 drops of peppermint, juniper, and German chamomile over the gallbladder area, 2 to 3 times daily.

GANGRENE
Topical—Apply 3 to 5 drops of lavender, myrrh, oregano, and thyme to affected area, several times daily.

Oral—Take 1 capsule filled with 3 drops of carrier oil and 2 drops each of clove,

oregano, lemon, and cinnamon, 3 to 5 times daily.

GASTRITIS
Oral—Take a capsule filled with 3 drops each of peppermint, fennel, ginger, and lemongrass, 1 to 3 times daily.

Topical—Apply peppermint, lemongrass, and fennel to the stomach area as often as needed.

GASTROENTERITIS (STOMACH FLU)
Oral—Take a capsule filled with 2 drops each of peppermint, ginger, clove, lemongrass, and oregano, 2 to 4 times daily.

Topical—Apply 1 drop each of peppermint, ginger, and/or juniper to abdomen (may require dilution) until symptoms subside.

Inhalation—Apply 1 drop each of ginger and peppermint to 1 palm, rub palms together, and inhale as often as needed.

GASTROESOPHAGEAL REFLUX DISEASE (GERD, ACID REFLUX)
Oral—Take 3 drops each of lemon, orange, and ginger in water, 2 to 3 times daily. Alternately, take 2 drops of lemon sublingually.

GENITAL WARTS
Topical—Dilute oregano, thyme, or frankincense heavily and apply to warts, 1 to 3 times daily.

GIARDIA
Oral—Take a capsule filled with 3 drops each of peppermint, clove, and lavender, and 2 drops of thyme and basil, 1 to 3 times daily.

Topical—Apply 1 to 3 drops of lavender and peppermint over the stomach area, several times daily.

GINGIVITIS
Oral—Gargle with a mixture of 1 drop each of peppermint, vetiver, wintergreen, and clove, several times daily (do not swallow).

Topical—Apply 1 drop of clove on affected area, several times daily.

GLAUCOMA

Oral—Take 2 to 3 drops each of geranium, frankincense, and cypress in a capsule, 3 times daily.

Topical—Apply cypress or frankincense widely around the eye, 2 to 3 times daily.

GLIOBLASTOMA

Topical—Apply 3 to 5 drops each of lemongrass, oregano, German chamomile, and thyme to the base of the skull and behind the ears, 2 to 4 times daily.

Oral—Take 2 "single 0" capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional "single 0" capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don't have added sugar.

GOUT

Oral—Take a capsule filled with 4 drops each of juniper, lemon, lavender, and frankincense 1 to 3 times daily. As an alternative, take a capsule with 3 drops each of peppermint, juniper, pine, and lemon up to, 3 times daily.

Topical—Gently apply 1 to 3 drops each of frankincense and lavender to affected joints, several times daily.

GRANULOMA ANNULARE

Topical—Apply 1 drop each of melaleuca (tea tree), geranium, German chamomile, and lavender to the area, 1 to 3 times daily.

GRAVES' DISEASE

Oral—Take a capsule filled with 2 drops each of frankincense, myrrh, German chamomile, and clove, 1 to 3 times daily.

Topical—Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine once per week.

GROWING PAINS
Topical—Apply 2 drops each of copaiba, balsam fir, lavender and cypress to the long bones of the body, 1 to 3 times daily.

GUILLAIN-BARRE SYNDROME
Topical—Apply 8 to 10 drops of orange oil to the bottoms of the feet, 2 times daily. Apply 1 to 2 drops each of vetiver, sandalwood, cypress, and frankincense behind the ears and at the base of the skull, 2 to 4 times daily. Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times per week.

Oral—Take a capsule filled with 3 drops each of German chamomile, lavender, frankincense, morning and evening.

GUM DISEASE
Oral—Gargle with a mixture of 1 drop each of peppermint, vetiver, wintergreen, and clove, several times daily (do not swallow).

Topical—Apply a mixture of clove, rosemary, lemon, and cinnamon to the gums, 2 to 4 times daily.

GYNECOMASTIA
Topical—Apply 1 to 2 drops each of lemon, grapefruit, cypress, and frankincense to the breasts up to 3 times daily.

HAIR LOSS
Topical—Mix 2 drops each of cedarwood, rosemary, cypress, and geranium in ¼ cup each of jojoba and coconut oil and massage mixture into the hair and scalp once daily. Alternately, add 1 drop of each oil with each shampoo or conditioner application (for best results use this daily). Alternately, add 5 drops of each essential oil to an 8 ounce bottle of shampoo or conditioner.

HAMMER TOE

Topical—Apply 1 to 2 drops each of lavender, frankincense, and black spruce to the toe, 1 to 3 times daily.

HAND, FOOT, AND MOUTH DISEASE

Topical—Mix together 1 drop each of melaleuca (tea tree), lemon, and lavender in 2 teaspoons of carrier oil and apply this mixture to any skin blisters, 2 to 4 times daily (birth–12 months). Mix together 1 drop each of melaleuca (tea tree), lemon, lavender, and thyme in 1 teaspoon of aloe vera oil and apply this mixture to any skin blisters, 2 to 4 times daily (1–6 years). Mix together 2 to 3 drops each of melaleuca (tea tree), lemon, lavender, and thyme in 1 teaspoon of aloe vera oil and apply this mixture apply this mixture to any skin blisters and mouth sores, 2 to 4 times daily (7–17 years). Apply 1 to 2 drops of cinnamon, thyme, and oregano in 12 drops of carrier oil to the feet up to 3 times daily (1–17 years).

HANGOVER

Topical—Apply lavender and peppermint to the temples and back of the neck every 15 to 30 minutes until symptoms subside.

Oral—Take a capsule filled with 4 drops each of lemon, grapefruit, lavender, and peppermint, 1 to 2 times daily.

HASHIMOTO'S DISEASE

Oral—Take a capsule filled with 2 drops each of frankincense, myrrh, nutmeg, German chamomile, and clove, 1 to 3 times daily.

Topical—Apply 1 drop each of myrtle, sandalwood, frankincense, and peppermint over the thyroid area on the neck, 1 to 3 times daily. Apply 1 drop of myrtle on the tip of the big toe, morning and evening. Apply 8 to 10 drops of orange on the feet once daily, particularly massaging it into the thyroid Vita Flex area on the feet. Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

HAY FEVER

Oral—Take 1 capsule with 5 drops each of lavender and German chamomile, 1 to 3 times daily. Alternately, take 1 capsule filled with 3 drops each of peppermint, lavender and lemon, 1 to 3 times daily.

Inhalation—Apply lavender, eucalyptus, and peppermint to your palms, rub together, and cup over nose and mouth to inhale as often as needed.

HEAD LICE
Topical—Mix 4 drops eucalyptus and thyme and 2 drops each of melaleuca (tea tree), geranium, and lavender in 1 teaspoon of carrier oil and massage into scalp, let sit for 30 minutes, and rinse clean with 2 drops each of eucalyptus, lavender, geranium, and rosemary in 16 ounces of warm water. Repeat procedure every other day for at least 7 days.

HEADACHE
Topical—Apply peppermint, copaiba, and/or lavender to the temples, forehead, and back of the neck as often as needed.

Inhalation—Apply lavender, eucalyptus, and peppermint to your palms, rub together, and cup over nose and mouth to inhale as often as needed.

HEARING IMPAIRMENT
Topical—Apply a mixture of helichrysum, geranium, and lavender around the ear and on the fleshy part of the ear and then pull ear lobe in a circular motion 10 times to enhance absorption, 3 times daily.

Other—Apply 1 to 2 drops of helichrysum on a cotton ball and leave in overnight.

HEART ATTACK
Get professional medical attention as soon as possible.

Topical—Gently massage 1 drop each of marjoram, helichrysum, peppermint, rosemary, and ylang ylang to the heart area and to the sole of the left foot just below the toes every 10 minutes until symptoms subside.

Inhalation—Place 1 drop each of lavender, ylang ylang, and German chamomile on a tissue and have the person inhale as necessary.

HEART FAILURE
Get professional medical attention as soon as possible.

Topical—Apply 1 to 2 drops each of peppermint, rosemary, marjoram, lavender,

and ylang ylang diluted in a teaspoon of carrier oil over the heart area of the chest, several times daily.

Other—For fluid retention see the EDEMA information.

HEART PALPITATIONS
Topical—Apply 2 to 4 drops of ylang ylang, lavender, and/or rosemary on the chest, morning and night.

Inhalation—Apply lavender to your palms, rub together, and cup over nose and mouth to inhale as often as needed.

HEARTBURN
Oral—Take a capsule filled with 5 drops each ginger and lemon, and 1 drop of fennel, 1 to 3 times daily. Apply 1 drop of peppermint directly on the tongue.

HEAT EXHAUSTION
Topical—Apply several drops of peppermint to the forehead, tips of the ears, shoulders, and back of the neck.

Other—Cover forehead with a cool damp cloth after applying peppermint.

HEEL SPURS
See BONE SPURS

HEMOPHILIA
Oral—Take a capsule with 3 drops each of geranium and helichrysum, 1 to 3 times daily.

HEMORRHOIDS
Topical—Apply a mixture of 1 drop each of lavender, cypress, geranium, myrrh, and helichrysum in a carrier oil to the area, several times daily.

HEPATITIS
Oral—Take a capsule filled with 5 drops each of orange, helichrysum, and German chamomile, 2 to 4 times daily.

Topical—Apply 5 drops each of helichrysum and orange over the liver area 2 to

4 times daily; apply a warm, wet towel over the liver after applying these oils, 1 to 2 times daily. Massage 5 to 10 drops of oregano and vetiver and 2 drops of thyme along the spine, once daily.

HERNIA
Topical—Apply 1 drop each of cypress, frankincense, rosemary, basil, lavender, marjoram, and eucalyptus to the area, 2 to 4 times daily.

Oral—Take a capsule filled with 5 drops each of frankincense, lemongrass, and copaiba, 2 to 4 times daily for pain.

HERPES SIMPLEX VIRUS
Oral—Take a capsule filled with 2 drops each of oregano, German chamomile, and ginger and 1 drop each of thyme, eucalyptus, and melaleuca (tea tree), 1 to 2 times daily.

HIGH BLOOD PRESSURE (HYPERTENSION)
Oral—Take a capsule filled with 2 drops each of ylang ylang, clove, and lavender, 1 to 2 times daily.

Topical—Apply 1 to 3 drops of ylang ylang, marjoram, and lavender to the heart area and over carotid arteries, 1 to 3 times daily.

Inhalation—Apply lavender or ylang ylang to your palms, rub together, and cup over nose and mouth to inhale as often as needed.

HIV (HUMAN IMMUNO-DEFICIENCY VIRUS)
Oral—Take a capsule filled with 3 drops each of cinnamon, lemon, orange, and oregano and 2 drops of melaleuca (tea tree), and another capsule filled with 5 drops each of frankincense and clove, 2 to 4 times daily.

Topical—Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

HIVES
Oral—Take a capsule filled with 3 drops each of German chamomile, frankincense, and lavender, 1 to 3 times daily.

Topical—Apply a few drops of peppermint, myrrh, German chamomile, or lavender in a teaspoon of carrier oil to affected area as often as needed. Lavender with clary sage may work for tough hives. Hives may be aggravated by topical application of essential oils, so apply the oil to a small area first before applying to large areas.

HORMONAL IMBALANCE (MEN)
Topical— Apply 3 to 4 drops of blue spruce to the inside of each forearm 2 times daily. Alternately, fennel, myrtle, or a combination of both may be used (3 to 4 drops 2 to 3 times daily).

HORMONAL IMBALANCE (WOMEN)
Topical—Apply 2 to 4 drops of clary sage or fennel to forehead and bottoms of the feet, 1 to 2 times daily.

Other: Consider a natural bioidentical progesterone.

HOT FLASHES
Topical—Apply 1 drop of peppermint oil on the tip of each ear, on the outside of the right ankle, and on the back of the neck.

HUNTINGTON'S DISEASE
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 1 drop each of rosemary, frankincense and vetiver behind the ears and at the base of the skull 2 to 4 times daily. Apply 1 drop each of vetiver, geranium, German chamomile, marjoram, pine, frankincense, and helichrysum along the spine and feather lightly up the spine once daily.

Oral—Take a capsule filled with 5 drops each of orange, vetiver, and frankincense, 1 to 3 times daily.

HYDROCEPHALUS
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Massage 1 to 3 drops of rosemary, myrrh, German chamomile, cedarwood, and peppermint layered in that order to both sides of the spine daily.

Massage the feet with 2 to 3 drops of lavender, 3 times daily. For headache, apply 1 drop each of peppermint, rosemary, and lavender to the temples, crown of the head, forehead and behind the ears up to 6 times daily.

HYPERACTIVITY
Topical—Apply 1 to 2 drops each of lavender, cedarwood, and German chamomile to the sole of each foot and toes, 2 to 4 times daily.

Inhalation—Apply 1 drop of cedarwood and lavender to palms, rub together, and cup over nose and mouth to inhale as often as needed.

HYPERCHOLESTEROLEMIA (HIGH CHOLESTEROL)
Oral—Take a capsule filled with 5 drops each of lemongrass, clove, and cinnamon, morning and evening.

HYPERGLYCEMIA (HIGH BLOOD SUGAR)
Oral—Take a capsule filled with 4 drops each of cinnamon, fennel, coriander, and grapefruit, morning and evening.

Topical—Apply 1 to 3 drops each of cinnamon, coriander, fennel, and copaiba to the bottoms of the feet, particularly the pancreas point on the outer edge of the left foot about midway down, 2 to 4 times daily.

HYPERTENSION
See HIGH BLOOD PRESSURE

HYPERTHYROID
Oral—Take a capsule filled with 2 drops each of frankincense, myrrh, German chamomile, and clove, 1 to 3 times daily.

HYPOGLYCEMIA (LOW BLOOD SUGAR)
Topical—Apply 1 drop each of lemongrass, lavender, and peppermint to the thyroid Vita Flex point on the bottoms of the feet (at the crease of the big toe), 2 to 4 times daily.

Topical—Apply 2 drops of myrtle, sandalwood, and lemongrass over the thyroid area on the chest, 1 to 3 times daily. Apply 8 to 10 drops of orange on the feet, once daily, particularly massaging it into the thyroid Vita Flex area on the feet.

HYPOTENSION (LOW BLOOD PRESSURE)

Topical—Apply 1 to 3 drops of cypress, geranium, and rosemary to the heart area and over carotid arteries, 1 to 3 times daily.

HYPOTHERMIA

Topical—Massage the body with several drop of a combination of rosemary, basil, and marjoram in 1 teaspoon of carrier oil. Create a warm compress by adding 2 drops of each oil in 1 cup of warm water and dip a cloth in the mixture. Apply the cloth to hypothermic areas.

Oral—Add 1 drop of each of rosemary, basil, and marjoram to a cup of warm water and drink up to 3 times daily.

HYPOTHYROID

Oral—Take a capsule filled with 2 drops each of frankincense, myrrh, German chamomile, and clove, 1 to 3 times daily.

Topical—Apply 2 drops of myrtle, sandalwood, and peppermint over the thyroid area on the chest, 1 to 3 times daily. Apply 8 to 10 drops of orange on the feet, once daily, particularly massaging it into the thyroid Vita Flex area on the feet.

Other—Consider a desiccated natural thyroid supplement.

HYPOTONIA

Topical—Mix together 1 drop each of frankincense, sandalwood, vetiver, cedarwood, and blue spruce in 2 teaspoons of carrier oil and apply to the base of the skull, behind the ears, and along the spine, 1 to 3 times daily. Mix together 2 drops each of juniper, marjoram, and pine in 1 teaspoon of carrier oil and massage into legs and arms, 1 to 2 times daily. Apply 3 to 4 drops of orange oil to the bottoms of the feet, 2 times daily.

IDIOPATHIC THROMBO-CYTOPENIA PURPURA

Oral—Take a capsule filled with 2 to 3 drops each of lemon, lavender, and helichrysum, 2 to 3 times daily.

Topical—Apply a combination of helichrysum, blue tansy, lavender, and frankincense to bruises up to 6 times daily.

IMPETIGO

Topical—Apply 1 to 3 drops each of oregano, thyme, melaleuca (tea tree), and eucalyptus to affected area, 3 to 5 times daily.

Oral—Take 1 capsule filled with 3 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus and melaleuca (tea tree), 2 to 3 times daily.

IMPOTENCE
See ERECTILE DYSFUNCTION

INCONTINENCE (URINARY)
Topical—Apply 3 to 5 drops of cypress or balsam fir over the bladder area, 2 to 4 times daily; for more support, apply 1 drop each of frankincense and cedarwood diluted to the area between the anus and vagina/scrotum.

Other—Perform pelvic floor (Kegel) exercises, 3 to 5 times daily, by squeezing the muscles you would use to stop your urine for 3 seconds then relaxing for 3 seconds; repeat the exercises 15 times.

INDIGESTION
Oral—Take a capsule filled with 3 drops each of ginger, peppermint, and fennel, and 1 drop of nutmeg, 1 to 3 times daily.

Topical—Apply 2 to 5 drops of ginger, peppermint, fennel, or nutmeg to the stomach area as needed.

INFERTILITY, FEMALE
This protocol may work best when used from the last day of one period until the next period begins, but success has been reported while performing the protocol through the entire cycle as well.

Topical—Apply 2 to 4 drops of clary sage to the lower abdomen and mons pubis 2 times daily. Apply 1 drop each of clary sage to the inside and outside of the right ankle.

Oral—Take a capsule filled with 2 drops each of ylang ylang and frankincense and 1 drop each of fennel, clary sage, and geranium, 2 times daily.

INFERTILITY, MALE
Topical—Apply 2 drops each of basil, sandalwood, and marjoram to the inside

of the ankles and on the wrists. Apply 2 drops of geranium, basil, and cypress to the lower abdomen above the penis, 2 times daily.

Oral—Take a capsule filled with 2 drops each of ylang ylang, frankincense, basil, and cypress, 2 times daily.

INFLAMMATION

Oral—Take a capsule filled with 5 drops each of copaiba and orange, and a second capsule filled with 2 drops each of balsam fir, frankincense, ylang ylang, and oregano, 1 to 3 times daily.

Topical—Apply 2 to 5 drops of copaiba, wintergreen, and frankincense to affected area, 1 to 4 times daily.

INSECT BITE/STING

Topical—Apply repeated doses of 1 drop of lavender, basil, lemongrass, or melaleuca (tea tree) to bite or sting until irritation subsides, and then continue applying 1 drop every 2 hours for the next 8 hours.

Other—If the stinger is still present in the skin use a blunt knife, credit card, or other similar object to flick/scrape the stinger out—do not pull it out as this can release more venom from the venom sack.

INSECT REPELLENT

Topical—Apply a mixture of 1 drop each of lemongrass, melaleuca (tea tree), myrtle, and lavender to exposed skin and clothes (may stain some clothes) as needed.

INSOMNIA

Topical—Apply 2 to 4 drops of lavender or German chamomile to the bottoms of feet.

Other—Place 2 drops of lavender on your pillow before retiring to bed.

INTENTION TREMORS

Topical—Apply 3 to 5 drops of oregano, thyme, basil, cypress, vetiver, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine once per week. Apply 1 drop each of vetiver, sandalwood, blue spruce and geranium behind the ears and at the base

of the skull, 2 to 4 times daily.

IRITIS
Topical—Mix 2 drops each of basil, frankincense, lavender, copaiba, and pine in 1 teaspoon of carrier oil (preferable grapeseed) and apply a couple of drops of this mixture widely around the eye and behind the ears, several times daily.

Oral—Take a capsule filled with 7 drops copaiba, and 3 drops each of frankincense, pine, and cypress, 1 to 3 times daily.

IRRITABLE BOWEL SYNDROME
Oral—Take 1 capsule filled with 2 drops each of fennel, peppermint, nutmeg, juniper, and marjoram, 2 to 3 times daily.

Topical—Apply peppermint, fennel, juniper, and marjoram over the abdomen, 2 to 3 times daily.

ITCHING
Topical—Apply a few drops of peppermint, myrrh, German chamomile, or lavender to affected area as often as needed.

JAUNDICE
Topical—Adults: apply 3 to 5 drops of geranium, German chamomile, lemon, and helichrysum to the bottoms of the feet and over the liver (upper right part of the abdomen), 1 to 3 times daily. For infant jaundice, see the children's section.

JAUNDICE (Infant)
Only use in conjunction with Western treatment options. Severe jaundice could result in brain damage, breathing problems, and seizures.

Topical—Mix together 1 drop each of geranium, lemon, and helichrysum in 2 tablespoons of carrier oil and apply a small amount of this mixture on the upper right part of the abdomen (over the liver) and to the bottoms of the feet up to 3 times daily.

JET LAG
Topical—Apply 1 drop each of eucalyptus, cedarwood, and peppermint to the base of the skull, temples, and head in the morning and early afternoon; apply 1

drop each of frankincense, geranium, and lavender on temples, head, and neck at night.

JOCK ITCH
Topical—Dilute heavily and apply 1 drop each of eucalyptus, melaleuca (tea tree), and lavender to the area, 2 to 4 times daily.

Oral—Take a capsule filled with 3 drops each of lemongrass, oregano, and clove, 1 to 3 times daily.

JOINT PAIN
Topical—Apply a combination of wintergreen, balsam fir, copaiba, and marjoram to the affected area, 2 to 4 times daily.

Oral—Take 1 capsule with 4 drops each of frankincense, copaiba, and balsam fir and 2 drops pine, 2 times daily.

KELOIDS
Topical—Apply 1 to 2 drops of geranium, lavender, and helichrysum on and widely around the scar, 2 to 3 times daily until improved; if the scars are painful, apply 1 drop each of copaiba, basil, and balsam fir to the scar, 1 to 3 times daily between scar treatment applications for relief.

KERATOSIS PILARIS
Topical—Mix 1 drop each of lavender, lemongrass, and German chamomile in 1 tablespoon of coconut oil and apply to affected area, 1 to 3 times daily.

KIDNEY INFECTION
Kidney infections must be treated quickly to avoid severe complications such as permanent kidney damage and sepsis. Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 3 to 5 drops of rosemary, vetiver, lemongrass, or marjoram over the kidneys and on the bottoms of the feet, 2 to 3 times daily.

Oral—Take a capsule filled with 3 drops each of rosemary, thyme, oregano, lemongrass, and marjoram 1 to 3 times daily.

KIDNEY STONES

KIDNEY STONES

Oral—Take 1 capsule filled with 4 drops each of lemon, juniper, frankincense, and helichrysum 1 to 3 times, daily. To prevent kidney stones, drink a glass of water with 3 to 4 drops of lemon, daily.

Topical—Apply 5 to 10 drops of wintergreen, juniper, and German chamomile over the kidneys, 2 to 3 times daily.

LACTATION PROBLEMS (INCREASING MILK SUPPLY)

Topical—Mix together 1 to 2 drops each of geranium and basil in half a teaspoon of carrier oil and apply to the breast away from the nipple (between nursing sessions) and on the bottoms of the feet, 1 to 3 times daily. Fennel may also be considered for short periods of time (3 to 5 days), but only if geranium and basil are ineffective. Do not apply these oils where the infant will potential ingest them while nursing, and wipe your breast clean before nursing.

LACTATION PROBLEMS (DECREASING MILK SUPPLY)

Oral—Take a capsule filled with 2 drops each of peppermint and oregano, 1 to 3 times daily. Alternately, drink one cup of herbal sage tea every 6 hours.

Topical—Cover the breasts with raw cold cabbage leaves by placing them inside your bra. Leave them in place for a couple hours.

LARYNGITIS

Oral—Gargle with 1 drop each of lemon, eucalyptus, and vetiver mixed in water and honey 2 to 4 times, daily, and swallow. Add 1 drop of any of the above oils to your water daily for 30 days after symptoms subside for deeper healing.

Topical—Apply 1 to 3 drops of eucalyptus, lemon, and thyme to the neck and chest, 2 to 4 times daily.

LEG CRAMPS

Topical—Apply 3 to 7 drops of cypress, black spruce, and/or marjoram to the legs before going to bed or immediately following muscle cramp.

Other—Drink ample fluids with electrolytes (coconut water is a great natural electrolyte) and increase dietary minerals.

LEISHMANIASIS

Oral—Take a capsule filled with 5 drops each of lemongrass, clove, and German chamomile, 2 to 4 times daily.

Topical—For cutaneous leishmaniasis, apply 1 drop each of lemongrass, clove, and German chamomile to the affected area up to 6 times daily.

LEPROSY

Topical—Apply 2 to 3 drops each of lavender, myrrh, vetiver, and melaleuca (tea tree) to the affected area, 2 to 3 times daily.

Oral—Take a capsule with 2 drops each of clove, cinnamon, lemon, oregano, and rosemary, 1 to 3 times daily.

LEPTOSPIROSIS

Oral—Take a capsule filled with 3 drops each of cinnamon, lemongrass, oregano, peppermint, and lemon, 1 to 2 times daily.

Retention—For difficult cases, consider mixing 2 drops each of oregano, lemon, and eucalyptus in 1 tablespoon of carrier oil and retain in rectum for up to 8 hours; repeat, 2 times daily.

LEUKEMIA

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only carrier and fruit juices. Make sure they don’t have added sugar.

LEWY BODY DEMENTIA

Oral—Take a capsule filled with 4 drops each of basil, lavender, cedarwood, and frankincense, 1 to 2 times daily.

Topical—Apply 1 to 3 drops of lavender, cedarwood, vetiver, frankincense, and

rosemary on the forehead, temples, and behind the ears, 2 to 4 times daily. Apply 8 to 10 drops of orange oil on the bottoms of the feet 2 times daily. For muscle dysfunction, apply 2 to 3 drops each of German chamomile, marjoram, pine, frankincense, and helichrysum to the long bones of the body, 2 to 4 times daily.

LIBIDO (LOW, FEMALE)
Topical—Apply 2 drops each of ylang ylang, clary sage, geranium, and sandalwood and 1 drop of blue spruce to the back and shoulders, 1 to 2 times daily.

LIBIDO (LOW, MALE)
Topical—Apply 3 drops of blue spruce and 1 drop each of cedarwood, sandalwood, ylang ylang, and orange to the back and shoulders, 1 to 2 times daily.

LICE
See HEAD LICE

LICHEN PLANUS
Oral—Take a capsule filled with 3 drops each of vetiver, frankincense, lavender and spruce, and 1 drop of clove, morning and evening. Take an additional capsule with 3 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus and melaleuca (tea tree), once midday. For oral lichen planus, add 1 drop each of clove, melaleuca (tea tree), and oregano to half a cup of water and 1 teaspoon of aloe vera, and then swish, gargle, and swallow up to 3 times daily.

Topical—For lichen planus that affects the skin, apply 1 to 2 drops each of frankincense, lavender, and melaleuca (tea tree) in 1 teaspoon of aloe vera to the affected area as often as needed.

LICHEN SIMPLEX CHRONICUS
Topical—Dilute heavily 1 to 2 drops each of frankincense, lavender, and melaleuca (tea tree) and apply to affected area as often as needed. Apply 1 drop each of lavender, cedarwood, copaiba, and orange to the wrists, 2 to 4 times daily.

Oral—Take a capsule filled with 5 drops each of lavender and German chamomile, 1 to 3 times daily.

Other—Do not scratch the area as it will make the condition worse.

LIPOMA
Topical—Apply 1 to 2 drops each of frankincense, grapefruit, lemon, and lavender to the area, 2 to 4 times daily.

Oral—Take a capsule filled with 3 drops each of frankincense, myrtle, lemongrass, and lemon, 1 to 3 times daily.

LIVER CIRRHOSIS
Topical—Apply 1 to 2 drops each of helichrysum, nutmeg, and orange over the liver area, 2 times daily.

Oral—Take a capsule filled with 1 drop each of lemon, ginger, and myrrh, 3 times daily.

LOU GEHRIG'S DISEASE (ALS)
Topical—Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 to 4 times weekly; apply 1 drop each of blue spruce, vetiver, frankincense, and sandalwood behind the ears and at the base of the skull, 2 to 4 times daily. Apply 10 drops of orange oil on the bottoms of the feet, 2 times daily. Apply 1 to 2 drops each of marjoram, pine, lavender, and lemongrass to the major muscles, 1 to 3 times daily.

Oral—Take a capsule filled with 5 drops each of frankincense, sandalwood, and myrrh, 1 to 3 times daily.

LOW BLOOD PRESSURE
See HYPOTENSION

LOW BLOOD SUGAR
See HYPOGLYCEMIA

LUPUS
Topical—Massage entire body with thyme, melaleuca (tea tree), and lemongrass mixed with a carrier oil, 3 times per week.

Oral—Take a capsule filled with 4 drops each of lemongrass, thyme, helichrysum, and rosemary, morning and evening.

Other—See recommendations for joint pain, rash, and indigestion for support for other common symptoms of lupus.

LYME DISEASE

Oral—Take a capsule filled with 3 drops each of carrier oil, clove, oregano, and cinnamon and 1 drop each of melaleuca (tea tree) and thyme, 3 times daily.

Topical—Apply 2 to 3 drops of lemongrass, frankincense, and ylang ylang to the bottoms of the feet, 2 to 3 times daily.

LYMPHEDEMA

Topical—Apply 1 to 3 drops each of lemongrass, juniper, lemon, cypress, and grapefruit to the affected area 1 to 3 times daily. Make sure massage strokes move from the extremities to the center of the body.

Oral—Take a capsule filled with 3 drops each of cypress, grapefruit, and helichrysum, 1 to 3 times daily.

Other—Receive lymphatic drainage massage by a qualified massage therapist if possible.

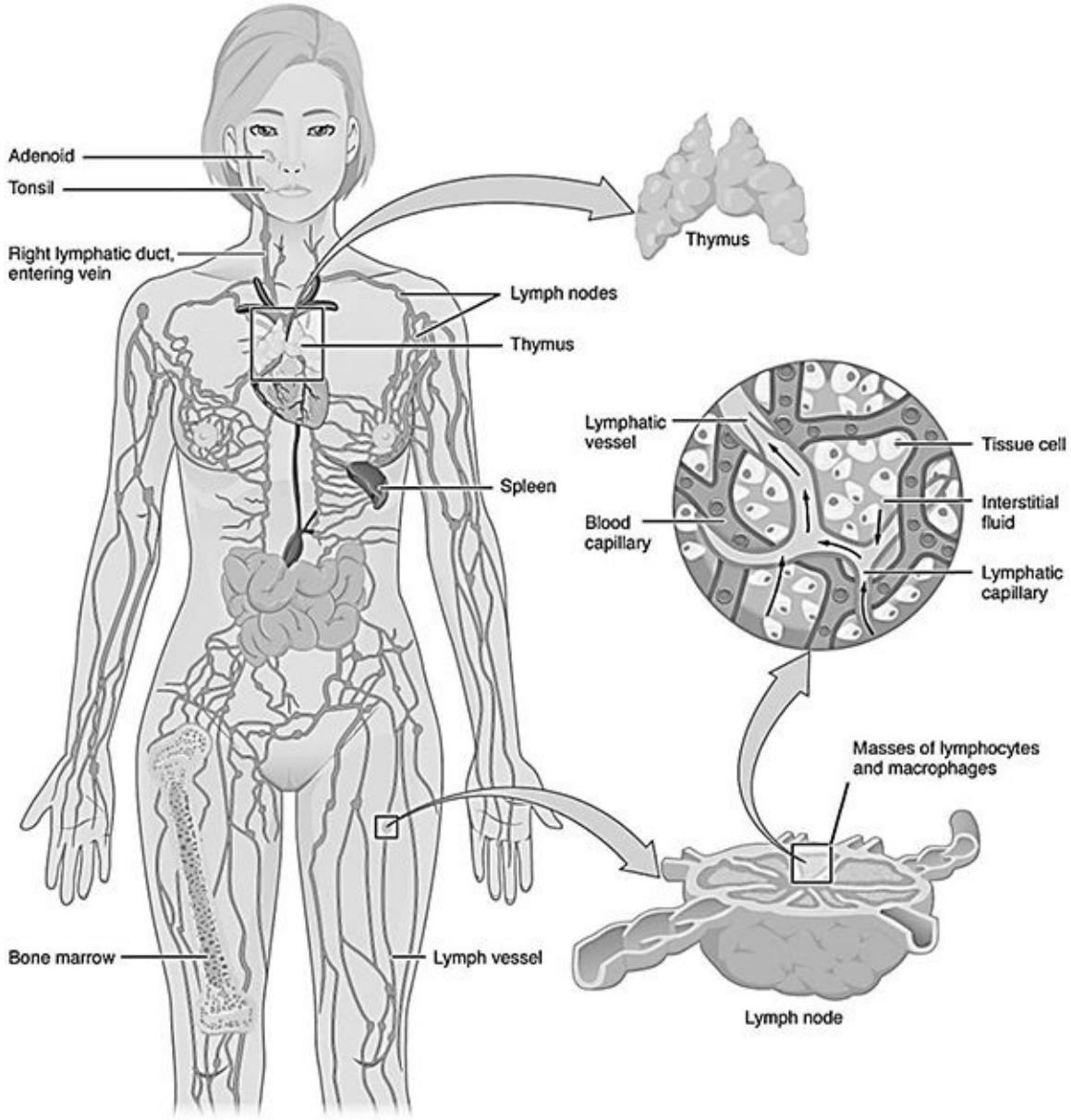


Image Credit: OpenStax College

LYMPHOMA

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don't have added sugar.

Retention—Mix 15 mL of frankincense with 60 mL of carrier oil and insert half of the mixture into the rectum, retain overnight, repeat for 5 nights, with a 3-day rest period and then repeat.

Topical—Apply 3 to 5 drops of frankincense or myrrh to swollen lymph nodes, 2 to 4 times daily.

MACULAR DEGENERATION

Oral—Take a capsule filled with 5 drops each of lemon and clove, 1 to 2 times daily.

Topical—Apply 1 drop each of frankincense and helichrysum widely around the eye, 2 to 4 times daily. Apply 2 drops of frankincense to the palm and cup over eye (with eye open) for a few minutes, 3 to 5 times daily.

MALARIA

Life-threatening complications can develop with malaria. Only use this protocol in conjunction with Western medical options and with approval from a physician.

Oral—Take a capsule with 5 drops each of lemon and rosemary and 1 drop each of thyme, melaleuca (tea tree), myrtle, and eucalyptus, 1 to 3 times daily.

Topical—Apply 2 to 3 drops of thyme, rosemary or melaleuca (tea tree), and lemon to the spine and bottoms of the feet before retiring to bed at night.

Other—Take 3 drops of lemongrass in a capsule 2 times daily to prevent mosquito bites. Use insect repellant suggestion to prevent mosquito bites.

MASTITIS

Topical—Massage a mixture of 3 to 5 drops of melaleuca (tea tree), thyme, and frankincense in 1 teaspoon of carrier oil on the breast, armpits, and to the bottoms of the feet, 1 to 3 times daily; cover with a warm compress after application.

MASTOCYTOSIS, CUTANEOUS
Topical—Apply 1 to 2 drops each of German chamomile, cedarwood, lavender, frankincense, thyme and eucalyptus to the affected area, 2 to 4 times daily.

Oral—Take a capsule filled with 5 drops each of lemon, orange, and frankincense, 1 to 3 times daily.

MEASLES
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply melaleuca (tea tree), lavender, and German chamomile to spots several times daily.

Oral—Take a capsule filled with 2 drops each of German chamomile, lavender, and oregano, 2 to 3 times daily.

MEDULLARY SPONGE KIDNEY
Oral—Take a capsule filled with 3 drops each of lemon, juniper, grapefruit, and geranium, 1 to 3 times daily.

Topical—Apply 2 drops each of marjoram, juniper, and frankincense over the kidney area of the back, 2 to 4 times daily.

MELANOMA
Topical—Apply 2 to 4 drops each of sandalwood, frankincense, geranium, cinnamon, pine, and cypress to the affected area, 3 to 5 times a daily. Apply in a carrot seed carrier oil to enhance effects. Apply 8 to 10 drops of orange oil to the bottoms of the feet, 2 to 3 times daily. Apply more geranium and helichrysum as the area begins to heal to prevent scarring.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

MENIERE’S DISEASE

Topical—Apply 1 to 2 drops of helichrysum and frankincense behind the ears and on the fleshy part of the ear, 2 to 4 times daily.

Other—Apply 1 drop of helichrysum on a cotton ball and place cotton ball in ear overnight; repeat for both ears.

Inhalation—Place 1 drop each of peppermint, ginger, and cypress in 1 palm, rub together with other palm, and cup hands over mouth and nose to inhale as often as necessary.

MENINGITIS

Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 2 drops each of oregano, eucalyptus, melaleuca (tea tree), lemon, and thyme in 10 drops of carrier along the spine and behind and below the ears up to 3 times daily.

Oral—Take a capsule with 3 drops each of oregano, lemon, cinnamon, and clove and 1 drop each of melaleuca (tea tree) and thyme 3 times daily.

MENOPAUSAL SYMPTOMS

Topical—Apply 2 to 3 drops of German chamomile, clary sage, or fennel to the forehead, carotid arteries, lower abdomen, and back, 1 to 3 times daily. Apply 1 drop of peppermint to the tips of the ears, temples and back of the neck for hot flashes.

Inhalation—Apply 1 to 2 drops of frankincense or German chamomile to your palms, rub together, and cup over nose and mouth to inhale as often as needed.

Other: Consider a natural bioidentical progesterone.

MENSTRUAL CRAMPS

Topical—Apply 1 drop each of basil, clary sage, and lavender to the lower abdomen, and then cover with warm damp cloth followed by a warm dry towel.

MENSTRUAL PAIN

Topical—Apply 2 to 4 drops of clary sage, peppermint, or lavender on the lower abdomen and lower back as needed.

MENSTRUATION, EXCESS
Topical—Massage lower abdomen with 1 to 2 drops each of cinnamon, cypress, helichrysum, and geranium heavily diluted in carrier oil, 1 to 3 times daily.

METABOLIC SYNDROME
See HIGH BLOOD PRESSURE, HYPERCHOLESTEROLEMIA, HYPERGLYCEMIA, and WEIGHT MANAGEMENT
Methylenetetrahydrofolate Reductase Polymorphism (MTHFR)

Oral—Take a capsule filled with 3 drops each of copaiba, frankincense, and balsam fir and 2 drops each of lemongrass, clove, and cinnamon, morning and evening.

Topical—Apply 8 to 10 drops of orange oil to the bottoms of the feet, daily.

MIDDLE EAST RESPIRATORY SYNDROME (MERS, CORONAVIRUS)
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Oral—Take a capsule filled with 4 drops each of cinnamon and oregano, 2 drops thyme, and 1 drop each of eucalyptus and melaleuca (tea tree), 1 to 3 times daily.

Topical—Apply 1 drop each of myrtle, eucalyptus, and pine to the chest and upper back, 2 to 4 times daily.

Inhalation—Place 5 to 7 drops each of myrtle and eucalyptus in 3 inches of hot water that is not too hot to touch with your hand, and cover head with towel to inhale every 2 hours.

MIGRAINE
Topical—Apply peppermint, copaiba, basil, and lavender to the temples, forehead, and back of the neck as often as needed. Place 1 drop of peppermint on your thumb and press to the roof of your mouth every 15 to 30 minutes until symptoms subside.

Inhalation—Apply lavender, eucalyptus, and peppermint to your palms, rub together, and cup over nose and mouth to inhale as often as needed.

MISOPHONIA (Selective Sound Sensitivity Syndrome)
Topical—Apply 1 drop each of vetiver, cedarwood, cypress and myrrh behind

the ears and on the fleshy part of the ear 2 times daily. Apply 1 drop each of lavender, cedarwood, and German chamomile to the wrists, 2 to 4 times daily. Place 1 drop of helichrysum on 2 cotton balls and retain in each ear overnight.

MOLES
Topical—Apply 1 drop of frankincense or oregano to the mole, 2 times daily.

MOLLUSCUM CONTAGIOSUM
Topical—Mix 2 to 4 drops each of lemongrass, melaleuca (tea tree), and geranium in carrier oil and apply to affected areas, 3 to 5 times daily.

Oral—Take a capsule filled with 3 drops each of lemongrass, oregano, cinnamon, and lemon, 1 to 2 times daily.

MONONUCLEOSIS
See EPSTEIN BARR

MONTGOMERY (AREOLAR) GLAND BLOCKAGE/CYST
Topical—Apply 1 to 2 drops each of frankincense, lavender, and helichrysum to the area and cover with a warm compress, 2 to 4 times daily.

Oral—Take a capsule filled with 3 drops each of lemon, frankincense, and lavender, 1 to 2 times daily.

MOOD DISTURBANCE
Inhalation—Apply frankincense, lavender, or German chamomile to your palms, rub together, and cup over your nose and mouth to inhale as needed.

Topical—Apply frankincense, lavender, or German chamomile to the temples and neck as often as needed.

MORNING SICKNESS
Inhalation—Place 1 to 2 drops each of peppermint, lemon, and ginger on a tissue and inhale as necessary. Refresh the tissue every 4 hours (all trimesters).

Topical—Mix together 1 drop each of peppermint, lemon, and ginger in 1 teaspoon of carrier oil and apply a small amount of this mixture behind the ears and 1 drop of this mixture in the navel (all trimesters).

Oral—Take 1 drop each of ginger and peppermint in a capsule up to 3 times daily (2nd/3rd trimesters).

Other—Apply firm pressure to a point on your wrist that is three of your finger widths below the wrist and between your two arm bones, several times daily (all trimesters). Make sure to eat a high-protein meal at night.

MOTION SICKNESS

Oral—Take a capsule with 3 drops each of fennel, peppermint, and ginger 30 minutes before travel and again every 4 hours.

Inhalation—Apply 1 to 2 drops of peppermint to your palms, rub together, and cup over your nose and mouth to inhale as needed.

MRSA

Topical—Apply 1 to 2 drops each of eucalyptus, lemongrass, thyme, and melaleuca (tea tree) to affected area, 2 to 4 times daily.

Oral—Take a capsule filled with 4 drops each of cinnamon and clove, and 1 drop of each lemongrass and eucalyptus, 2 to 3 times daily.

MULTIPLE SCLEROSIS

Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply a total 1 to 2 drops each of frankincense, helichrysum, vetiver, rosemary, marjoram, and wintergreen along the spine, 2 times daily. Apply 1 to 2 drops of vetiver, blue spruce, cedarwood, and frankincense on temples, forehead, and behind the ears. Apply 8 to 10 drops of orange oil on the feet, 2 times daily.

Oral—Take a capsule with 3 drops each of rosemary, balsam fir, helichrysum, and copaiba morning and night.

MUMPS

Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 2 to 4 drops of melaleuca (tea tree), thyme, or lavender behind the ears, 4 times daily.

Oral—Take a capsule filled with 4 drops each of lemon, lavender, and cypress, 2 times daily.

MUSCLE CRAMPS
Topical—Apply 3 drops each of lavender, marjoram, and basil to the affected area and cover with a warm towel or hot compress.

Other—Stretch the muscle.

MUSCLE PAIN/SORENESS
Topical—Apply 3 drops each of pine, copaiba, balsam fir, and marjoram to sore muscles, 2 to 3 times daily.

MUSCLE SPASMS
Topical—Apply 2 drops each of basil, wintergreen, lavender, and marjoram to muscles, 2 to 3 times daily.

MUSCULAR DYSTROPHY
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Massage 2 to 3 drops each of pine, basil, lavender, and balsam fir along spine, 2 to 4 times daily. Apply 1 to 2 drops each of marjoram, pine, lavender, and lemongrass to the major muscles, 1 to 3 times daily.

MYASTHENIA GRAVIS
Topical—Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine once per week. Apply 5 drops each of blue spruce, frankincense, and vetiver along the spine starting at the base of the skull finishing just above the tailbone, 1 to 3 times daily. Apply 2 drops each of clove, melaleuca (tea tree), oregano, and thyme to the bottoms of the feet, 2 times daily for seven days and then rest from using for 7 days before continuing usage.

MYELODYSPLASTIC SYNDROME
Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B.*

carterii or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional "single 0" capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Topical—Apply 2 to 3 drops each of German chamomile, marjoram, pine, frankincense, and helichrysum to the long bones of the body 2 to 4 times daily. Apply 4 to 5 drops each of lemon and orange to the bottoms of the feet 2 times daily.

MYOSITIS

Oral—Take a capsule filled with 5 drops each of copaiba, frankincense, and orange oil, 1 to 3 times daily.

Topical—Apply 2 drops each of basil, marjoram, balsam fir, and copaiba to area of soreness, 2 to 4 times daily. For skin rashes (dermatomyositis), apply 1 drop each of lavender, German chamomile, and melaleuca (tea tree) to affected area, 1 to 3 times daily.

NAILS, BRITTLE OR WEAK

Topical—Cover nail, particularly the base of the nail(s), with 1 drop each of grapefruit, frankincense, and myrrh.

NARCOLEPSY

Topical—Apply 1 to 2 drops each of peppermint and geranium on the temples up to five times daily during the day. Apply 8 drops of orange oil to the feet daily. Apply 2 drops each of lavender, orange, blue tansy, and ylang ylang to the bottoms of the feet before going to bed.

Other—Place two drops of lavender on pillow before retiring for bed.

NAUSEA

Oral—Take a capsule filled with 3 drops each of ginger, peppermint, and fennel, 1 to 3 times daily.

Topical—Apply 1 to 2 drops of ginger, fennel, or peppermint in the navel and behind the ears every 1 to 2 hours.

Inhalation—Apply 1 to 2 drops of peppermint or ginger to your palms, rub together, and cup over your nose and mouth to inhale as needed.

NERVOUS TICS

Topical—Apply 1 to 2 drops of vetiver, frankincense, cedarwood and blue spruce behind the ears and at the base of the skull, 1 to 3 times daily. Apply 8 to 10 drops of orange oil to the bottoms of the feet, 1 to 2 times daily.

Inhalation—Place 2 drops each of lavender and German chamomile on a tissue and inhale as needed.

Oral—Take a capsule filled with 1 to 2 drops each of vetiver, frankincense, marjoram, and lavender, 2 to 4 times daily.

NEURALGIA

Topical—Apply 2 drops of helichrysum, eucalyptus, blue spruce, vetiver, and copaiba to affected area, 3 to 5 times daily.

Oral—Take a capsule with 5 drops of helichrysum and 2 drops each of copaiba, vetiver, and lavender, 1 to 3 times daily.

NEUROBLASTOMA

Topical—Apply 3 to 5 drops each of bergamot, orange, and lemongrass to the base of the skull, crown of the head, and behind the ears, 2 to 4 times daily.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

NEUROMA

Topical—Apply 1 drop each of vetiver, frankincense, orange, helichrysum, and

copaiba to the area of discomfort, several times daily.

Oral—Take a capsule filled with 4 drops each of frankincense, orange, and copaiba and 3 drops of vetiver, 2 to 4 times daily.

NEUROPATHY
Topical—Apply 1 to 2 drops each of frankincense, blue spruce, vetiver, helichrysum, lavender, and eucalyptus to affected area, 3 to 5 times daily.

Oral—Take a capsule filled with 3 drops each of coriander, helichrysum, copaiba, and 1 drop of nutmeg, 1 to 3 times daily.

NIGHT TERRORS
Topical—Apply 1 to 2 drops each of lavender, and ylang ylang to the bottoms of the feet.

NIPPLES, SORE
Topical—Apply 1 to 2 drops of lavender and helichrysum to the sore nipple(s), 1 to 3 times daily.

NOSEBLEED
Other—Apply direct pressure by gently squeezing the lower soft parts of the nose against the center wall continuously until bleeding stops.

Topical—Apply 1 drop of cypress or helichrysum across the bridge of the nose.

OBESITY
See WEIGHT MANAGEMENT

OBSESSIVE-COMPULSIVE DISORDER (OCD)
Topical—Apply 1 drop of lavender on each big toe and the bottoms of the feet, 2 to 4 times daily, particularly before going to bed. Apply 1 drop each of frankincense, sandalwood, spruce, and lavender to the base of the skull and behind the ears, 1 to 3 times daily.

OSTEOARTHRITIS
Topical—Apply 2 to 3 drops each of balsam fir, peppermint, cypress, and wintergreen on affected area, 2 to 3 times daily.

Oral—Take capsule filled with 4 drops each of copaiba, frankincense, and balsam fir, and 1 drop nutmeg, 1 to 3 times daily.

OSTEOMYELITIS

Topical—Apply 1 to 2 drops each of black spruce, sandalwood, balsam fir, lemongrass, helichrysum, wintergreen, German chamomile, and blue tansy several times daily. Thyme and eucalyptus can also be considered.

Oral—Take a capsule with 3 drops each of vetiver, oregano, lemongrass, clove, and melaleuca (tea tree), 1 to 3 times daily.

OSTEOPENIA

Topical—Create a mixture of 2 to 3 drops each rosemary, eucalyptus, thyme, and pine in 2 tablespoons of carrier oil and apply to the arms and legs, 2 to 4 times daily.

Oral—Take a capsule with 2 drops each of pine, rosemary, thyme, and juniper, 1 to 3 times daily.

OSTEOPOROSIS

Topical—Apply 3 to 5 drops of clary sage, rosemary, and thyme to affected area, 1 to 3 times daily. Men may prefer to use pine in place of clary sage.

Oral—Take a capsule with 3 drops each of clary sage, rosemary, thyme, and vetiver, 1 to 3 times daily. Men may prefer to take juniper or pine in place of clary sage.

OSTEOSARCOMA

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

Topical—Apply 5 to 7 drops each of balsam fir, cypress, and marjoram to the long bones around the knees, 2 to 4 times daily.

OVARIAN CYST

Topical—Apply orange, frankincense, and basil over lower abdomen several times daily. Mix with grapeseed carrier oil to enhance effects.

Oral—Take a capsule filled with 5 drops each of frankincense, orange, and clove, 1 to 3 times daily.

Retention—Mix 8 drops each of frankincense, lavender, and cypress with 1 tablespoon of carrier oil, apply mixture to tampon, and retain overnight.

OVERACTIVE BLADDER

Oral—Take a capsule filled with 2 drops each of juniper, cypress, geranium, and German chamomile, morning and evening.

Topical—Apply 2 to 3 drops of ylang ylang and cypress or balsam fir over the bladder area, 3 times daily; for more support, apply 1 drop each of frankincense and cedarwood diluted to the area between the anus and vagina/scrotum at the same time.

Other—Perform pelvic floor (Kegel) exercises 3 to 5 times daily by squeezing the muscles you would use to stop your urine for 3 seconds and then relaxing for 3 seconds; repeat the exercises 15 times. Follow a schedule to go to the bathroom to train your bladder.

PAGET'S DISEASE

Topical—Apply 2 drops each of rosemary, peppermint, balsam fir, pine, and wintergreen to the affected area, 2 to 4 times daily.

Oral—Take a capsule filled with 3 drops each of vetiver, frankincense, lavender and spruce, and 1 drop of nutmeg and clove, 1 to 3 times daily.

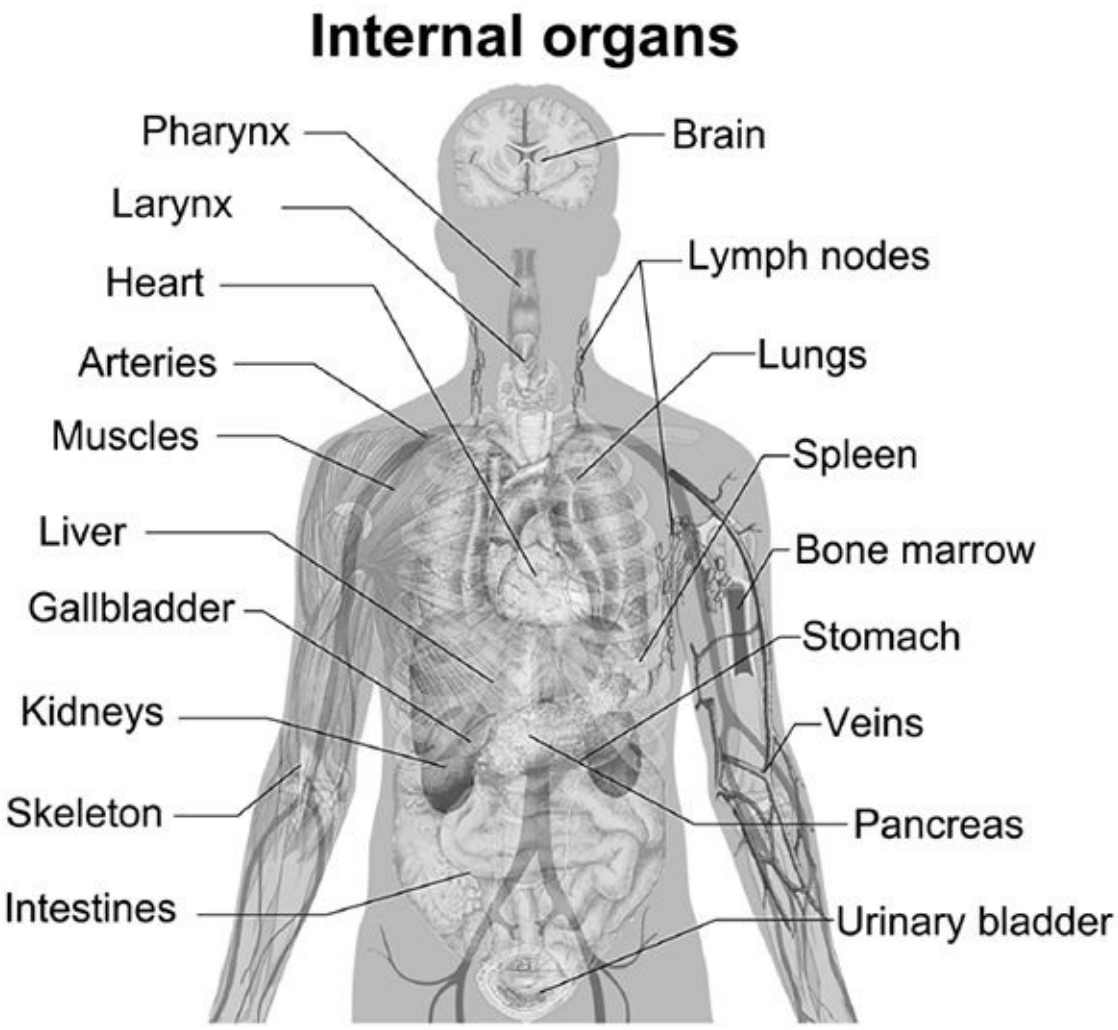


Image Credit: Mikael Haggstrom

PAIN

Topical—Apply a combination of wintergreen, balsam fir, copaiba, and marjoram to affected area, 2 to 4 times daily.

Oral—Take 1 capsule with 5 drops each of frankincense, copaiba, and balsam fir and 2 drops clove, 1 to 3 times daily.

PANCREATITIS

Topical—Apply 2 to 4 drops each geranium, peppermint, and orange over the pancreas, 2 to 4 times daily.

Oral—Take a capsule with 5 drops each of geranium, peppermint, and orange, 1 to 3 times daily.

Retention—Mix 5 drops each of orange, geranium, and oregano with 1 tablespoon of carrier oil, insert rectally, and retain for 1 hour, 3 times weekly.

PARANOIA

Topical—Place 1 drop each of ylang ylang, German chamomile, blue spruce, and lavender to the temples, forehead, and bottoms of the feet up to 3 times daily.

Inhalation—Place 1 to 2 drops of ylang ylang, lavender, blue spruce, and German chamomile on palms, rub palms together, and cup over nose and mouth to inhale as needed. Or place the same oils on a tissue and inhale as necessary.

PARASITES (INTESTINAL)

Oral—Take a capsule filled with 3 drops each of ginger, lemongrass, oregano, peppermint, and lemon, 1 to 2 times daily.

PARKINSON'S DISEASE

Oral—Take a capsule filled with 4 drops each of basil (linalool CT only), lavender, cedarwood, and frankincense, 1 to 2 times daily.

Topical—Apply 1 to 3 drops of lavender, cedarwood, peppermint, or myrrh on the forehead, temples, and behind the ears, 2 to 4 times daily.

PERIPHERAL ARTERIAL DISEASE

Oral—Ingest 4 drops each of rosemary, juniper, lemon, and ylang ylang, 2 to 4 times daily.

Topical—Apply 2 to 3 drops each of cypress, rosemary, ylang ylang, and helichrysum to the lower legs, 2 to 4 times daily.

PEYRONIE'S DISEASE

Topical—Apply 1 drop of vetiver, frankincense, geranium and sandalwood heavily diluted to the penis, 1 to 3 times daily.

Oral—Take a capsule filled with 5 drops each of frankincense, vetiver, and sandalwood, 2 to 4 times daily.

PHANTOM LIMB PAIN

Topical—Apply 2 drops each of vetiver, blue spruce, and copaiba to the area above the phantom limb pain. Apply 1 drop each of lavender, German chamomile, and cedarwood to the wrists, rub together, and inhale, 2 to 4 times daily (alternately apply to the feet or spine depending on amputation site).

PINWORMS

Topical—Apply 1 drop of melaleuca (tea tree) to the affected area, 3 to 5 times daily.

Oral—Add 1 drop each of lemon, basil, and orange to warm water and drink up to 3 times daily.

PIRIFORMIS SYNDROME

Topical—Apply 2 to 3 drops each of marjoram, basil, and lavender to the buttocks muscles, up to 6 times daily.

Oral—Take a capsule filled with 3 drops each of lavender, myrtle, German chamomile, and ginger, 1 to 3 times daily.

Other—Lie on your side and have another person apply pressure to acupressure point GB30 (pictured below), which can be found in the side of the buttocks by locating approximately the middle of the sacrum, and then moving out two-thirds of the way toward the hip. Apply firm pressure to this point (left or right side 1 at a time) with your thumb for about 30 seconds, and then release. Repeat this process until pain is relieved. Then repeat the entire process on the other side.

PLANTAR FASCIITIS

Topical—Apply 2 drops each of eucalyptus and wintergreen and 1 drop each of balsam fir and cypress to the affected area, 2 to 4 times daily.

Other—After applying the essential oils place a golf ball under the painful area of the foot and roll the golf ball around starting at the front and working to the back of the foot for a total of 3 to 5 minutes. Make sure to use firm pressure. Freeze the golf ball first for better results.

PLANTAR WARTS

Topical—Apply 1 to 2 drops of oregano, thyme, or frankincense to the wart, several times daily.

PLEURISY
Inhalation—Place 6 to 10 drops each of eucalyptus, myrtle, and cypress in a boiling pot of water, and cover head and bowl with towel to inhale.

Topical—Apply 3 to 5 drops each of wintergreen, eucalyptus, and cypress to the neck and chest, 2 to 3 times daily.

PNEUMONIA
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 2 to 6 drops of eucalyptus, melaleuca (tea tree), thyme, or oregano to the chest and neck as needed. Apply same oils to bottoms of the feet every 2 hours.

Oral—Take 1 capsule filled with 3 drops each of carrier oil, clove, oregano, and cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.

Inhalation—Place 5 to 7 drops each of myrtle and eucalyptus in 3 inches of hot water that is not too hot to touch with your hand, and cover head with towel to inhale every 2 hours.

PNEUMONIC PLAGUE
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Oral—Take a capsule filled with 5 drops each of cinnamon and oregano, and 1 drop each of thyme, eucalyptus, and melaleuca (tea tree), 2 to 3 times daily.

Topical—Apply 2 to 6 drops of eucalyptus, melaleuca (tea tree), thyme, or oregano to the chest and neck as needed. Apply same oils to bottoms of the feet every 2 hours.

Inhalation—Place 5 to 7 drops each of myrtle and eucalyptus in 3 inches of hot water that is not too hot to touch with your hand, and cover head with towel to inhale every 2 hours.

POLYCYSTIC KIDNEY DISEASE (PKD)
Topical—Apply 2 drops each of juniper, geranium, sandalwood, orange, and marjoram over the kidney area on your back, 2 to 4 times daily. Apply 1 to 2

drops each of basil, peppermint, and copaiba over painful areas.

Oral—Take 3 drops each of frankincense, lemon, geranium, grapefruit, and sandalwood in a capsule, 2 to 4 times daily.

PREMENSTRUAL SYNDROME (PMS)
Inhalation—Apply clary sage and geranium to the palms, cup over nose and mouth, and inhale as needed.

Topical—Apply 1 to 3 drops of clary sage, fennel, or geranium to the lower abdomen, 1 to 3 times daily.

POISON IVY/OAK
Topical—Apply 1 to 2 drops each of ginger, lavender, peppermint, and frankincense diluted heavily in a carrier oil (particularly in the weeping stage).

POLIO
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Oral—Take a capsule filled with 3 drops each of frankincense, oregano, lemon, and thyme, 2 times daily.

POLYCYSTIC OVARY SYNDROME
Other—Consider using a bioidentical natural progesterone.

Topical—Apply orange, frankincense, and basil over lower abdomen several times daily. Mix with grapeseed carrier oil to enhance effects.

Oral—Take a capsule filled with 5 drops each of frankincense, orange, and clove, 1 to 3 times daily.

Retention—Mix 8 drops each of frankincense, lavender, and cypress with 1 tablespoon of carrier oil, apply mixture to tampon, and retain overnight.

POLYMYALGIA RHEUMATICA
Oral—Take a capsule filled with 5 drops each of copaiba and vetiver, 4 drops of balsam fir, and 1 drop of thyme, 1 to 3 times daily.

Topical—Apply 1 to 2 drops each of peppermint, wintergreen, frankincense,

eucalyptus, thyme, and copaiba to affected area as needed (cypress and helichrysum may also be added to increase circulation to affected areas).

POSTPARTUM DEPRESSION
Other—Consider a natural bioidentical progesterone and use as directed.

Inhalation—Apply 1 drop of frankincense, ylang ylang, orange, or grapefruit to palms, rub together, and place over nose and mouth to inhale as needed (all trimesters). Alternately, place 1 drop of each on a tissue and inhale as needed (all trimesters).

Topical—Apply 1 to 2 drops each of geranium, marjoram, and thyme diluted in half a teaspoon of carrier oil over the liver at night.

POLYMYOSITIS
Oral—Take a capsule filled with 2 to 3 drops each of copaiba, frankincense, lemon, orange, and sandalwood, 3 times daily.

Topical—Apply 1 to 2 drops each of marjoram, basil, and lavender to the affected muscles up to 3 times daily.

PROSTATITIS
Topical—Apply 1 to 2 drops of peppermint, thyme, or tsuga heavily diluted to the area between the scrotum and anus, 2 times daily.

Retention—Mix 2 drops each of peppermint, thyme, and tsuga in 1 tablespoon of carrier oil and insert rectally; retain as long as possible.

Oral—Take a capsule filled with 4 drops each of oregano, vetiver, and peppermint, 1 to 3 times daily.

PSEUDOMONAS
Topical—Apply 1 to 2 drops each of geranium, melaleuca (tea tree), lemongrass, pine, basil, and peppermint to the chest and upper back, 2 to 4 times daily. Apply 2 drops each of clove, oregano, eucalyptus, and cinnamon to the bottoms of the feet, 2 to 3 times daily.

Oral—Take 1 capsule filled with 2 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.

PSORIASIS

Topical—Apply 1 drop each of lavender, geranium, frankincense, German chamomile, and melaleuca (tea tree) diluted in 2 tablespoons of aloe vera oil to the affected area as often as needed. Lemon oil may also be beneficial, but you must avoid sun exposure where applied following application.

Other—Some essential oils and carrier oils will exacerbate chronic skin conditions. If this occurs, consider applying homeopathic calendula or cardiospermum instead.

PSORIATIC ARTHRITIS

Topical—Apply 1 to 2 drops each of lavender, geranium, frankincense, and melaleuca (tea tree) in a carrier oil (preferably borage seed oil or evening primrose oil) to the affected area as often as needed. Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times per week.

Oral—Take a capsule filled with 5 drops each of copaiba and frankincense, and 1 drop each of nutmeg and vetiver, 2 times daily.

PTSD (POST-TRAUMATIC STRESS DISORDER)

Topical—Apply 2 drops each of blue tansy, lavender, orange, blue spruce, and frankincense to the bottoms of the feet, morning and evening. Apply 1 drop each of ylang ylang, geranium, and cedarwood over the liver area, 2 to 4 times daily. Apply 1 drop each of frankincense, vetiver, and German chamomile to the base of the skull and behind the ears, 1 to 3 times daily. Place 1 drop of ylang ylang inside the belly button, morning and evening.

PULMONARY FIBROSIS

Oral—Take two capsules filled with 15 drops each of orange oil 3 times daily, or up to 0.013 mL per pound of body weight, daily (this amount may have to be worked up to slowly).

Inhalation—Place 15 drops of eucalyptus and 5 drops each of frankincense, peppermint, and lemon in a boiling pot of water, and cover head and bowl with towel to inhale, 1 to 2 times daily.

Topical—Mix 5 drops each of frankincense and eucalyptus and 2 drops

wintergreen with 1 ounce of vegetable oil and apply to the back and chest, 2 times daily.

PULMONARY HYPERTENSION
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 1 to 3 drops each of eucalyptus, ylang ylang, marjoram, cypress, and lavender to the chest and upper back, 2 to 4 times daily.

Oral—Take a capsule filled with 5 drops of orange, and 2 drops each of clove, lavender, and ylang ylang.

Inhalation—Place 2 drops each of eucalyptus, rosemary, thyme, and lavender in 3 inches of hot water that is not too hot to touch with your hand, and cover head with towel to inhale, 1 or 2 times daily.

PYLORIC STENOSIS
Topical—*Infants:* Apply half a drop of fennel and/or German chamomile to the bottoms of the feet and stomach, 1 to several times daily. *Children 1 to 5 years old* : Apply 1 to drop each of fennel and German chamomile to the bottoms of the feet and stomach, 1 to several times daily.

PYTHIOSIS
Oral—Take a capsule filled with 5 drops of oregano, and 2 drops each of marjoram, peppermint, and rosemary, 3 to 4 times daily.

Topical—Apply 1 drop each of oregano, marjoram, peppermint, and rosemary to the affected area up to 6 times a day.

RABIES
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 2 drops each of eucalyptus, thyme, melaleuca (tea tree), and frankincense to the affected area, 2 to 4 times daily. Apply 1 drop each of blue spruce, vetiver, frankincense, and sandalwood to the base of the skull and behind the ears, 1 to 3 times daily. Apply 8 to 10 drops of orange oil on the feet, 2 times daily.

Oral—Take a capsule filled with 5 drops each of cinnamon and oregano and 1 drop each of eucalyptus, melaleuca (tea tree), and thyme, 1 to 3 times daily.

RADIATION EXPOSURE

Topical—Apply 1 to 2 drops of melaleuca (tea tree), cypress, or sandalwood over the thyroid area, 1 to 3 times daily.

Oral—Take a capsule filled with 4 drops each of frankincense, orange, and clove, and 1 drop or eucalyptus, 2 times daily.

RASH

Topical—Apply 1 to 4 drops of lavender, German chamomile, or melaleuca (tea tree) to affected area as needed.

RATHKE'S CLEFT CYSTS

Topical—Apply 1 to 2 drops of vetiver, frankincense, cedarwood, helichrysum, and myrrh to the base of the skull and behind the ears, 2 to 4 times daily.

Oral—Take a capsule filled with 5 drops each of frankincense, vetiver, and cedarwood, 2 to 3 times daily.

RAYNAUD'S SYNDROME

Topical—Apply 1 to 2 drops each of cypress, helichrysum, and cedarwood to the area of poor circulation, 3 to 5 times daily.

Oral—Take a capsule filled with 2 drops each of lemongrass, cypress, clove, ginger, rosemary, marjoram, and cinnamon, morning and evening.

REACTIVE ATTACHMENT DISORDER

Topical—Apply 1 drop each of vetiver, ylang ylang, frankincense, blue tansy, and lavender to the shoulders and back of the neck, 1 to 3 times daily. Apply 8 to 10 drops of orange oil to the feet, 1 to 2 times daily.

RESTLESS LEGS

Topical—Massage 2 to 5 drops of basil, lavender, German chamomile, and/or cedarwood to the lower legs and bottoms of the feet before going to bed.

RHEUMATIC FEVER

Only use this protocol in conjunction with Western medical options and with approval from a physician.

Oral—Take 1 capsule filled with 2 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.

Topical—Apply 1 to 3 drops ach of thyme, eucalyptus, and melaleuca (tea tree) to the bottoms of the feet and over the carotid arteries, 2 to 4 times daily.

RHINITIS

Topical—Apply 1 to 3 drops of lavender, eucalyptus, and peppermint to the forehead and bridge of the nose, 2 to 4 times daily.

Inhalation—Rub eucalyptus, peppermint, or lavender together in your palms and cup over nose and mouth to inhale.

RINGWORM

Topical—Apply 2 drops each of lemongrass, rosemary, melaleuca (tea tree), and lavender in a teaspoon of carrier oil to the affected area 3 times daily. Apply a drop of each oil in 1 teaspoon of carrier oil or shampoo and massage into scalp, once daily.

Oral—Take a capsule with 3 drops each of lemongrass, oregano, and cinnamon, and 1 drop of melaleuca (tea tree) 2 to 3 times daily.

ROSACEA

Topical—Create a mixture of 1 drop each of melaleuca (tea tree), lavender, and German chamomile in 1 teaspoon of carrier oil (preferably jojoba) and apply a small amount of this mixture to the affected area up to 3 times daily.

Oral—Take a capsule filled with 3 drops each of German chamomile, lavender, and lemon, morning and evening.

RSV (RESPIRATORY SYNCYTIAL VIRUS)

Topical—Adults apply 2 drops each of clove, oregano, eucalyptus, thyme, and cinnamon to the feet, 3 to 5 times daily. Adults and older children apply 3 drops each of myrtle, eucalyptus, copaiba, and peppermint in 1 teaspoon of vegetable oil to the chest and back every 15 to 30 minutes.

Inhalation—Adults place 6 to 10 drops each of eucalyptus and peppermint in a

boiling pot of water, cover head and bowl with towel to inhale, 1 to 3 times daily.

Oral—Adults take 1 capsule filled with 2 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.

RUBELLA (GERMAN MEASLES)

Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Soak a cloth in 1 drop each of melaleuca (tea tree), eucalyptus, lavender, and German chamomile and 1 cup of cool water and wipe rash with cloth several times daily. For aching joints, apply 2 drops each of lemongrass, eucalyptus, balsam fir, copaiba, and marjoram in a carrier oil to affected area, 2 to 4 times daily.

Oral—Take a capsule filled with 2 drops each of German chamomile, lavender, and oregano and 1 drop each of eucalyptus and melaleuca (tea tree), 2 to 3 times daily.

SARCOIDOSIS

Oral—Take a capsule filled with 5 drops of ginger, and 2 drops each of copaiba, vetiver, frankincense, and German chamomile, 1 to 2 times daily. Take a second capsule with 5 drops each of orange, peppermint, and lemon, once daily.

Topical—Apply 2 to 3 drops each of ginger, myrtle, and eucalyptus to the chest and upper back, 1 to 2 times daily. Apply 3 to 5 drops of oregano, thyme, basil, cypress, myrtle, ginger, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 to 4 times weekly.

Inhalation—Place 2 drops each of eucalyptus, rosemary, thyme, and ginger in 3 inches of hot water that is not too hot to touch with your hand, and cover head with towel to inhale, 1 or 2 times daily.

SCABIES

Topical—Apply 1 to 2 drops each of melaleuca (tea tree), clove, lemongrass, and lavender to the area, 2 to 4 times daily.

SCARLET FEVER (SCARLATINA)

Oral—Take a capsule filled with 2 drops each of cinnamon, lemongrass, peppermint, and 1 drop each of thyme, melaleuca (tea tree), and eucalyptus, 2 to 3 times daily. Gargle and swish with 1 drop of melaleuca (tea tree) up to 3 times daily.

Topical—Children 5 and under, apply 1 drop each of melaleuca (tea tree), lemongrass, and thyme to the bottoms of the feet (diluted appropriately according to age), 3 to 4 times daily.

SCARRING

Topical—Apply 1 to 2 drops of frankincense, lavender, geranium, and helichrysum on and widely around the scar, 2 to 3 times daily until improved.

SCHIZOPHRENIA

Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 2 drops each of vetiver, frankincense, and lavender behind the ears and on the crown of the head, and then apply the excess to the top of the big toes, 2 to 4 times daily. Apply 3 drops of orange oil on the bottoms of the feet, 2 to 4 times daily.

SCIATICA

Topical—Apply 1 to 3 drops of frankincense, helichrysum, lemongrass, geranium, and balsam fir on sciatic joint and down leg, 2 to 3 times daily.

Oral—Take a capsule filled with 5 drops each of balsam fir, lemongrass, and helichrysum, 1 to 3 times daily.

SCLERITIS (EPISCLERITIS)

Topical—Mix 2 drops each of basil, frankincense, German chamomile, lavender, copaiba, and helichrysum in 1.5 to 2 teaspoons of carrier oil (preferable grapeseed) and apply a couple of drops of this mixture widely around the eye and behind the ears, several times daily.

Oral—Take a capsule filled with 7 drops copaiba, 5 drops frankincense, and 3 drops cypress, 1 to 3 times daily.

SCLERODERMA

Topical—Apply 1 drop each of frankincense, rosemary, lemongrass, myrrh, and German chamomile to affected area, 2 to 4 times daily.

SCOLIOSIS
Topical—Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

SEIZURES
Topical—Apply 1 to 3 drops each of frankincense, vetiver, sandalwood, and basil to the scalp, 3 times daily. Apply 3 to 5 drops of oregano, thyme, basil, cypress, lemongrass, marjoram, and balsam fir (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, weekly.

SENSORY PROCESSING DISORDER
Topical—Apply 1 to 2 drops each of frankincense, myrtle, vetiver, and sandalwood to the forehead and behind the ears, 1 to 3 times daily. Apply 1 to 3 drops of blue spruce to both sides of the neck, 1 to 3 times daily. Apply 8 to 10 drops of orange oil to the bottoms of the feet, 1 to 2 times daily.

SHINGLES
Topical—Apply 2 to 3 drops each of clove, eucalyptus, lemon, peppermint, and melaleuca (tea tree) to the affected area and along the spine, 2 to 3 times daily.

Oral—Take a capsule with 4 drops of peppermint, 3 times daily.

SHIN SPLINTS
Topical—Apply 1 to 2 drops each of balsam fir, copaiba, lemongrass, peppermint, and wintergreen on both shins, 2 to 3 times daily.

Oral—Take a capsule filled with 5 drops each of balsam fir, copaiba, and frankincense, 1 to 3 times daily.

SHOCK, EMOTIONAL
Inhalation—Apply 1 to 2 drops of lavender or peppermint in palms and place near nose to inhale.

Topical—Place 1 drop of peppermint directly on the sternum.

SINUS HEADACHE
Topical—Apply 2 to 3 drops of eucalyptus, rosemary, or peppermint to your hands, rub together, and inhale, several times daily. Apply 1 to 2 drops neat or diluted over the sinuses and on the temples. Apply 2 to 4 drops of oil to the soles of the feet just before bedtime.

SINUSITIS (SINUS INFECTION)
Topical—Apply 1 to 3 drops of melaleuca (tea tree), eucalyptus, pine, and/or peppermint on forehead, nose, cheeks, chest, and upper back, 3 to 5 times daily.

Oral—Take a capsule filled with 1 to 2 drops each of eucalyptus, pine, myrtle, and lemon 1 to 2 times daily; and take 1 drop of lavender on or under the tongue, 1 to 3 times daily.

Inhalation—Apply 2 to 3 drops of peppermint, eucalyptus, or melaleuca (tea tree) in palms and cup over nose and mouth to inhale as often as needed. Add 2 to 3 drops of peppermint, eucalyptus, and melaleuca (tea tree) to hot water and breathe deeply through your nose over the mixture. Hold your breath as long as you can and then exhale through your mouth. Repeat this for a few minutes.

SJOGREN'S SYNDROME
Oral—Take a capsule filled with 3 drops each of frankincense, vetiver, and copaiba and fill the rest of the capsule with evening primrose oil and take this 2 to 4 times daily.

Topical—Apply 1 drop of lavender diluted widely around each eye, 1 to 3 times daily for eye discomfort.

Inhalation—To manage stress, add 1 to 2 drops each of lavender, ylang ylang, and orange to a tissue and inhale as necessary throughout the day.

Other—Suck on sugar-free chewing gum to keep the mouth moist.

SKEETER SYNDROME
Topical—Apply repeated doses of 1 drop each of melaleuca (tea tree), lemongrass, and basil to affected area until irritation subsides, and then continue applying 1 drop every 2 hours for the next 8 hours.

SKIN TAG

Topical—Apply 1 drop of oregano, lemon, or frankincense to the skin tag, 2 to 4 times daily until it falls off.

SKIN ULCER
Topical—Apply 4 to 6 drops of lavender, helichrysum, myrrh, or German chamomile to affected area, 1 to 3 times daily.

SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO)
Oral—Take a capsule filled with 5 drops each of peppermint, lemongrass, and orange, 1 to 3 times daily.

Other—Take a high-potency probiotic, 4 times daily.

SMELL, LOSS OF SENSE OF (ANOSMIA)
Topical—Apply 1 to 3 drops of basil and/or melaleuca (tea tree) to the sinus areas and on the sinus vita flex point, up to 3 times daily.

SMOKING CESSATION
Oral—Lick a trace amount of eucalyptus off the back of your hand any time you are tempted to smoke.

Inhalation—Apply 2 drops of lavender, cinnamon, or grapefruit to the palms, cup over nose and mouth, and inhale as needed. Black pepper is also a great option for inhalation.

SNAKE BITE
If the bite was from a poisonous snake seek medical attention immediately.

Topical—Apply 3 to 5 drops of clove, eucalyptus, or melaleuca (tea tree) to the bite every 15 minutes until medical attention is available.

Oral—Take a capsule filled with 4 drops each of helichrysum, clove, coriander, and juniper every 2 hours.

SORE THROAT
Oral—Gargle with 1 to 2 drops each of lemon, peppermint, eucalyptus, and clove every 1 to 3 hours (mix with honey for better results) and swallow mixture until symptoms improve. Take a capsule with 3 drops each of peppermint and

lemon, and 1 drop of eucalyptus, thyme, and melaleuca (tea tree), 2 times daily for the next 3 to 4 days.

Topical—Apply 1 to 3 drops of frankincense, melaleuca (tea tree), and/or eucalyptus over the throat area of the neck and cover with a warm wet towel, 2 times daily.

SPASMODIC DYSPHONIA

Topical—Apply a mixture of 2 drops myrrh and 1 drop each of copaiba, blue spruce, vetiver, rosemary, and melaleuca (tea tree) to the throat, 3 to 5 times daily.

SPRAINS

Topical—Massage 2 drops each of copaiba, basil, wintergreen, and balsam fir on affected area, several times daily.

Other—Apply a cold compress, 2 times daily.

SQUAMOUS CELL CARCINOMA

Topical—Apply 2 to 4 drops each of sandalwood, frankincense, geranium, cinnamon, and cypress to the affected area, 3 to 5 times daily. Apply 8 to 10 drops of orange oil to the bottoms of the feet, 2 to 3 times daily. Apply more geranium and helichrysum as the area begins to heal to prevent scarring.

Oral—Take 2 “single 0” capsules filled with 10 drops each of frankincense (*B. carterii* or *B. sacra*) and topped off with olive or coconut oil, 3 times daily. Take an additional “single 0” capsule filled with 10 drops of orange essential oil, 2 to 3 times daily. This amount may need to be worked up to by starting with 1 frankincense capsule twice daily for the first 3 to 7 days, then take 2 capsules from the second week forward.

Other—Intermittent fasting (only consuming water) for 24 hours, 2 times weekly, or 48 hours once weekly. Alternately, some practitioners recommend fasting for 30-plus days drinking only vegetable and fruit juices. Make sure they don’t have added sugar.

STAPH INFECTION

Topical—Apply 1 to 3 drops each of oregano, thyme, and eucalyptus to affected area, 3 to 5 times daily.

Inhalation—Place 3 to 5 drops each of eucalyptus, melaleuca (tea tree), and juniper in 3 inches of hot water not too hot to touch with your hand, and cover head with towel to inhale every 2 to 4 hours.

Oral—Take 1 capsule filled with 3 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus, 2 to 3 times daily.

STOMACH FLU
See GASTROENTERITIS

STOMACHACHE
Topical—Apply one or a combination of peppermint, ginger, and/or juniper to abdomen (may require dilution) until stomachache subsides.

Oral—Ingest a combination of juniper, peppermint, and ginger every two hours, or until stomachache subsides.

STREP THROAT
Oral—Take 1 capsule filled with 3 drops each of clove, oregano, lemon, cinnamon, and 1 drop each of melaleuca (tea tree) and eucalyptus, 3 to 4 times daily. Gargle with 1 to 2 drops each of lemon, cinnamon, eucalyptus, and clove every 1 to 3 hours (mix with honey for better results) and swallow mixture.

Topical—Dilute heavily and apply 1 to 3 drops of oregano, lemongrass, thyme, and eucalyptus over the throat.

STRESS
Topical—Apply 2 drops each of cedarwood, lavender, and lime to the bottom of the feet as needed.

Inhalation—Apply 1 drop each of lavender, cedarwood, and lime to the palms and cup over nose and mouth to inhale, 2 to 4 times daily.

STROKE
Seek medical attention immediately.

Topical—Apply 1 to 2 drops each of frankincense, cypress, helichrysum, geranium, and lavender to the temples, forehead, back of the neck, and throat, 2 to 4 times daily. Apply 3 to 5 drops of oregano, thyme, basil, cypress,

wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 2 times weekly.

Oral—Take a capsule filled with 3 drops each of frankincense, cypress, helichrysum, and lavender, 1 to 3 times daily, or place 1 drop of each on the tongue.

STY (STYE)
Topical—Apply 1 drop of lavender and frankincense on each palm and rub together, cup palms over eyes with eye open, and allow essential oils to evaporate for 1 minute, 2 to 4 times daily. Apply 1 drop of lavender widely around the eye (following the orbit). *Note:* Some report good success by placing a drop of lavender on a Q-tip and then swabbing the sty with the Q-tip, though this is not recommended as oils may get in the eye.

Other—Apply a warm compress over the eye, several times daily.

SUN FUNGUS (TINEA VERSICOLOR)
Topical—Apply 1 to 2 drops each of rosemary, melaleuca (tea tree), lemongrass, and lavender to the area two to four times daily.

SUNBURN
Topical—Apply enough drops of lavender, balsam firm, or peppermint to cover affected area as often as needed.

SUNSCREEN
Topical—Mix together 4 drops each of myrrh, helichrysum, peppermint, and lavender, and 2 drops helichrysum in 2 ounces of sesame seed oil and apply generously (reapply every 2 to 4 hours).

SWEATING, EXCESS
Topical—Dilute and apply 1 to 2 drops of melaleuca (tea tree) under each arm, 1 to 3 times daily.

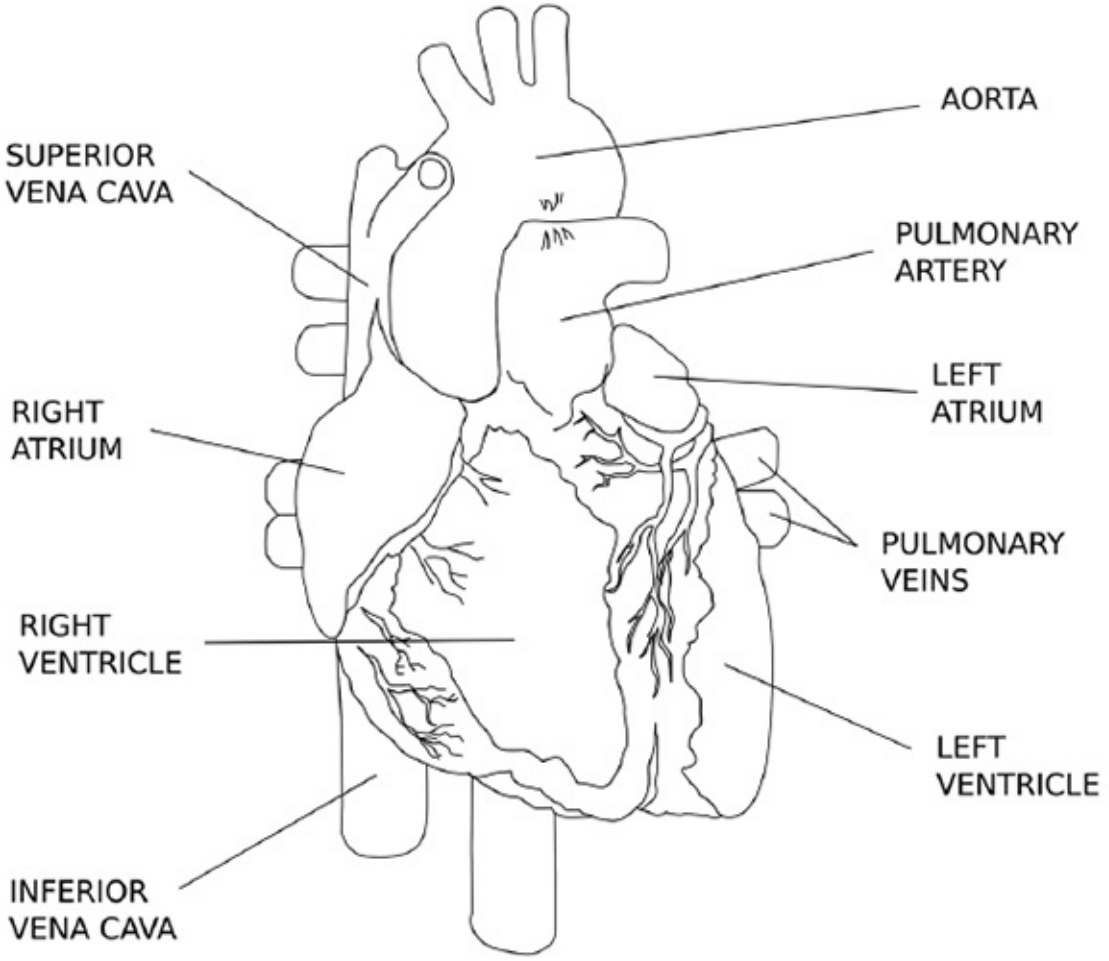
SWIMMER'S EAR (OTITIS EXTERNA)
Topical—Apply 1 to 2 drops each of melaleuca (tea tree), basil, and thyme around the ear and on the fleshy part of the ear. Place 1 drop of melaleuca (tea tree) or basil on a cotton ball and place the cotton ball in the ear. Replace every

30 minutes for the first 4 hours and then every 4 hours thereafter.

TACHYCARDIA

Topical—Apply 2 to 4 drops of ylang ylang, lavender, and rosemary over the heart, 2 to 4 times daily.

Inhalation—Apply 1 drop each of lavender, cedarwood, and German chamomile to the palms, rub together, and inhale as often as needed.



TARLOV CYSTS

Topical—Apply 1 drop each of frankincense, basil, sandalwood, vetiver, and lemongrass to the affected area, 1 to 3 times daily.

Oral—Take a capsule filled with 5 drops each of frankincense, orange, and lemongrass, 1 to 3 times daily.

TEETH, SENSITIVE
Topical—Apply 1 to 2 drops of clove or wintergreen to the teeth and gums experiencing sensitivity, 1 to 3 times daily.

TEETHING PAIN (INFANTS)
Topical/Oral—Dilute 1 drop of copaiba, frankincense, or German chamomile in 1 tablespoon of carrier oil and rub a very small amount of this mixture on the gums (3 months–5 years).

TENDINITIS
Topical - Apply 1 to 2 drops each of lemongrass, marjoram, basil, and wintergreen to the affected area 4 to 5 times daily.

TETANUS (LOCKJAW)
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—To prevent tetanus, thoroughly cleanse all wounds and then apply 1 drop each of tea tree, eucalyptus, and lemongrass to the wound before covering with a bandage. Replace bandage and reapply oils, 3 times daily.

Oral—Take 1 capsule filled with 2 drops each of clove, cinnamon, melaleuca (tea tree), oregano, and rosemary, 3 times daily.

THRUSH (ORAL)
Oral—Gargle with 2 drops each of clove, cinnamon, copaiba, and lemon in 4 ounces of water, several times daily.

Topical—Apply 2 drops each of clove, cinnamon, and lemon on the bottom of the feet, 3 to 5 times daily. For infants with thrush, apply a trace of lavender, lemon, or copaiba to mother’s nipple just before nursing.

THRUSH (VAGINAL)
Retention—Mix two tablespoons of carrier oil with 1 drop each of clove, cinnamon, and copaiba, place on tampon, and insert in vagina; replace every 2 to 4 hours.

Oral—Take a capsule filled with 4 drops each of clove, cinnamon, lemon, and copaiba, 2 to 4 times daily.

THYROID NODULES
Topical—Apply 1 drop each of frankincense, balsam fir, myrtle, German chamomile, and nutmeg to the neck over the thyroid area of the neck, morning and evening.

Oral—Take a capsule filled with 5 drops of frankincense, and 2 drops each of orange, lemon, grapefruit, and clove, 1 to 3 times daily.

TICK BITES
Other—Remove the tick with fine-tipped tweezers by grasping the tick as close to the skin as possible and pulling upward with even, steady pressure. Do not twist or jerk, which may leave the head of the tick in the body. Also, consider applying oregano to the tick to facilitate removal.

Topical—Apply 1 drop of lavender or melaleuca (tea tree) to tick bite every 15 minutes for the first hour, and then hourly for the next 4 to 8 hours.

TICK REPELLENT
Topical—Mix together 12 drops each of geranium, rosemary, marjoram, and lavender with half cup of distilled water, one-third cup witch hazel extract, and 1 teaspoon of vegetable glycerin. Shake well and apply to exposed skin and clothes before going outdoors.

TINNITUS
Topical—Apply a 1 drop each of basil, helichrysum, geranium, and lavender on temples, forehead, back of neck, around the ear, and on the fleshy part of the ear, and then pull earlobe in a circular motion 10 times to enhance absorption, 3 times daily.

Other—Apply 1 to 2 drops of helichrysum on a cotton ball and leave in overnight.

TMJ (TEMPOROMANDIBULAR JOINT SYNDROME)
Topical—Massage 1 drop each of wintergreen, peppermint, balsam fir, and blue spruce to both jaws, 2 to 4 times daily.

TOENAIL FUNGUS

Topical—Soak foot in Epsom salts (use coarse sea salt for diabetics) bath by adding 3 drops each of lavender and melaleuca (tea tree) to a handful of salts and adding to warm water. After soak, apply 1 drop each of oregano, lemongrass, myrrh, and melaleuca (tea tree). Once cleared up, apply 1 drop each of grapefruit and lavender, 3 times daily to stimulate repair and growth of toenail.

TONSILLITIS

Oral—Take a capsule filled with 3 drops each of cinnamon, lemongrass, and oregano, and 1 drop of eucalyptus, 1 to 3 times daily. Gargle with 1 to 2 drops each of lemon, cinnamon, eucalyptus, and clove every 1 to 3 hours (mix with honey for better results) and swallow mixture.

Topical—Dilute heavily and apply 1 to 3 drops of oregano, lemongrass, thyme, and eucalyptus on the throat. Cover with a warm compress, 2 times daily.

TOOTHACHE

Topical—Apply 1 to 2 drops of clove and/or peppermint to the gums and tooth.

TOURETTES SYNDROME (TURRETS SYNDROME)

Topical—Apply 1 to 2 drops of vetiver, frankincense, cedarwood, and blue spruce behind the ears and at the base of the skull, 1 to 3 times daily. Apply 8 to 10 drops of orange oil to the bottoms of the feet, 1 to 2 times daily.

Oral—Take a capsule filled with 1 to 2 drops each of vetiver, frankincense, marjoram, and lavender, 2 to 4 times daily.

TOXOPLASMOSIS

Topical—Apply 1 drop each of nutmeg, lemongrass, and thyme diluted heavily widely around the eye, 3 to 4 times daily.

Oral—Take a capsule filled with 3 drops each of ginger, lemongrass, oregano, peppermint, and lemon and 1 drop of thyme and nutmeg, 1 to 2 times daily.

TRAUMA RECOVERY

Topical—Apply 1 drop each of blue spruce (or black spruce), frankincense, and German chamomile to the breastbone up to 3 times daily.

Inhalation—Place 1 drop each of blue or black spruce, frankincense, and German chamomile on a tissue and inhale as needed.

TUBERCULOSIS
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Inhalation—Place 2 to 3 drops each of peppermint, eucalyptus, myrtle, and rosemary in 3 inches of hot water that is not too hot to touch with your hand and cover head with towel to inhale every 2 to 4 hours.

Oral—Take a capsule filled with 3 drops each of clove, vetiver, oregano, lemon, and 1 drop of eucalyptus, myrtle, and melaleuca (tea tree), 2 to 3 times daily.

Topical—Apply 6 to 10 drops of eucalyptus, myrtle, and/or rosemary to chest and upper back, 2 to 3 times daily.

TYPHOID FEVER
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply 4 to 6 drops of basil and/or peppermint to the lower abdomen and along the spine, 2 to 4 times daily.

Oral—Take a capsule filled with 3 drops each of basil, oregano, and cinnamon, and 1 drop of eucalyptus, 1 to 3 times daily.

ULCERS (DUODENAL)
Topical—Apply 2 to 3 drops of frankincense, German chamomile, or lavender to the stomach area, 3 to 5 times daily.

Oral—Take a capsule filled with 3 drops each of frankincense, lemon, German chamomile, and lavender, 1 to 3 times daily.

ULCERS (GASTRIC OR PEPTIC)
Topical—Apply 2 to 3 drops of copaiba, German chamomile, peppermint, or lemongrass to the stomach area, 3 to 5 times daily.

Oral—Take a capsule filled with 3 drops each of lemongrass, copaiba, German chamomile, and lavender, 1 to 3 times daily.

URINARY RETENTION

Other—Place 3 to 4 drops of peppermint in the toilet or other urine collecting water before sitting over water to urinate.

Oral—Drink 2 drops of juniper oil in a beverage (possibly cranberry juice), 1 to 3 times daily until urine is released.

Topical—Apply 1 to 2 drops of juniper over the pelvic area, 1 to 3 times daily.

URINARY TRACT INFECTION

Oral—Take 1 capsule filled with 2 drops each of clove, oregano, lemon, cinnamon, and 1 drop of eucalyptus every 15 minutes for 1 hour, and then 3 to 6 times daily thereafter.

Topical—Apply 2 drops each of clove, oregano, eucalyptus, and cinnamon to the bottoms of the feet, 2 to 3 times daily. Apply 3 drops each of juniper, oregano, and frankincense with 10 drops of vegetable oil to the pelvic area, 1 to 3 times daily.

Other—Drink two 8-ounce glasses of unsweetened cranberry or blueberry juice daily for 3 to 5 days.

UTERINE FIBROIDS

Topical—Apply 3 to 5 drops each of frankincense, lavender, and geranium on the lower abdomen and back, 2 to 4 times daily; place a warm, wet towel over the back after application.

Oral—Take a capsule filled with 7 drops of frankincense and 3 drops each of lavender and geranium, 1 to 3 times daily. Alternately, take a

capsule filled with 5 drops each of frankincense, orange, and sandalwood, 1 to 3 times daily.

Retention—Mix 8 drops each of frankincense, sandalwood, and cypress with 1 tablespoon of carrier oil, apply mixture to tampon, and retain overnight.

VARICOCELES

Topical—Mix 10 drops each of geranium and cypress with 5 drops of German chamomile in 1 tablespoon of vegetable oil and apply daily to the scrotum.

VAGINAL ATROPHY (ATROPHIC VAGINITIS)

Topical—Apply 2 to 4 drops of clary sage on the mons pubis area, 1 to 3 times daily. Apply 1 to 2 drops each of melaleuca (tea tree), copaiba, and geranium diluted in 2 teaspoons of carrier oil) to the labia and around the entrance to the vagina, 1 or 2 times daily.

Other: Consider a natural bioidentical progesterone.

VAGINAL YEAST INFECTION

Retention—Mix 2 drops each of rosemary, melaleuca (tea tree), thyme, and oregano with 1 tablespoon of carrier oil, put on tampon, and insert into vagina, replacing every 4 hours.

Oral—Take a capsule filled with 3 drops each of lemongrass, oregano, and rosemary, and 1 drop of eucalyptus, 1 to 3 times daily.

VAGINITIS

Retention—Mix 2 drops each of rosemary, melaleuca (tea tree), thyme, and oregano with 1 tablespoon of carrier oil, put on tampon, and insert into vagina, replacing every 4 hours.

Oral—Take a capsule filled with 3 drops each of cinnamon, oregano, vetiver, and 1 drop of eucalyptus, morning and evening.

VARICOSE VEINS

Topical—Apply 2 to 3 drops each of lemongrass, geranium, and cypress mixed in some grapeseed carrier oil to the areas around the varicose veins (not directly on them) with massage strokes towards the direction of the heart, 1 to 3 times daily.

VENOUS REFLUX DISEASE

Topical—Apply 2 drops each of cypress, lemongrass, and helichrysum, and 1 drop of peppermint to both legs, 1 to 3 times daily, diluted in aloe vera.

VERTIGO

Topical—Apply 1 drop each of ginger, frankincense, and cypress behind the ears and to the temples.

Oral—Take a capsule with 2 drops each of ginger, basil, cypress, and frankincense up to 3 times daily.

Inhalation—Place 1 drop each of peppermint, ginger, and cypress in 1 palm, rub together with other palm, and cup hands over mouth and nose to inhale as often as necessary.

Other—Apply 1 drop of helichrysum on a cotton ball and place cotton ball in ear overnight; repeat for both ears.

VIRAL MENINGITIS
Only use this protocol in conjunction with Western medical options and with approval from a physician.

Topical—Apply a mixture of 2 drops each of oregano, lemongrass, melaleuca (tea tree), and thyme to the spine and bottoms of the feet (diluted appropriately for children), 3 to 5 times daily. Apply 1 to 3 drops of lemon (older children and adults can use lemon and/or peppermint) to the spine, 2 to 4 times daily for fever. Apply 1 to 2 drops each of lavender and marjoram to the neck and forehead for neck pain or headache.

Inhalation—For nausea or vomiting, apply 1 drop each of lemon and ginger to your palms, rub together, and cup over your nose and mouth to inhale as needed.

Oral—Take a capsule filled with 3 drops each of oregano, lemongrass, and cinnamon, and 1 drop each of thyme and melaleuca (tea tree), 2 to 4 times daily.

VOMITING
Inhalation—Apply 1 to 2 drops of peppermint or ginger to palms and cup over nose and mouth to inhale as needed.

Topical—Apply 1 to 2 drops of peppermint or ginger to the stomach area as needed.

WARTS
Topical—Apply 1 drop of oregano, thyme, or frankincense to warts, 3 times daily.

WARTS (SEED)
Warts that have little black dots in them, leading them to be called "seed warts." These warts don't truly have seeds. The black dots are tiny blood vessels that have grown up into the wart.

Other—Apply a small piece of duct tape to the seed warts and replace each time it falls off until the seed wart falls off or seed falls out (1–17 years).

Topical—Mix together 10 drops each of oregano, and 5 drops of thyme, melaleuca (tea tree), clove, and lemon, and then use a cotton swab to apply 1 drop of this mixture neat to the wart, 1 to 3 times daily (1–17 years). Do not apply duct tape over oils.

Homeopathic Remedies—Apply thuja ointment as directed on the product label.

WEIGHT MANAGEMENT

Oral—Take a capsule filled with 10 drops of grapefruit or lemongrass (or 5 drops of each) oil, 2 to 3 times daily.

Other—Decrease caloric intake, increase caloric expenditure, and manage stress.

WEST NILE VIRUS

Oral—Take a capsule filled with 3 drops each of oregano, lemongrass, frankincense, and peppermint, and 1 drop each of thyme, melaleuca (tea tree), and eucalyptus, 1 to 3 times daily.

Topical—Apply 3 to 5 drops of oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint (layered in that order, 1 at a time) to the spine and massage into back on either side of the spine, 3 times per week.

WHOOPING COUGH (PERTUSSIS)

Inhalation—Place 2 to 3 drops each of rosemary or pine, eucalyptus, and/or myrtle in 3 inches of hot water that is not too hot to touch with your hand and cover head with towel to inhale every 2 to 4 hours.

Topical—Apply oregano, thyme, clove, and eucalyptus to the bottoms of the feet, 3 to 5 times daily. Apply thyme, cypress, eucalyptus, and myrtle to the chest and cover with a warm compress, 1 to 3 times daily.

WOLFF-PARKINSON-WHITE SYNDROME

Topical—Apply 2 to 4 drops of ylang ylang, lavender, and/or rosemary on the chest morning and night. Apply 1 drop each of eucalyptus, myrtle, and peppermint to the upper back if shortness of breath occurs. Also, apply 1 to 2 drops of peppermint to the palms, rub together, and inhale.

Inhalation—Apply 1 drop each of lavender, ginger, and peppermint to your palms, rub together, and cup over nose and mouth to inhale as often as needed during dizzy spells.

WOUNDS

Topical—Apply 1 to 2 drops each of frankincense, copaiba, cedarwood, and lavender to the wound, several times daily to promote healing. Apply 1 to 2 drops of lemongrass, melaleuca (tea tree), and rosemary to disinfect and protect the wound from germs.

WRINKLES

Topical—Apply 1 to 2 drops of frankincense, sandalwood, or helichrysum to wrinkles, morning and evening. Mix in avocado or apricot kernel oil to enhance the benefits.

XANTHOMAS

Oral—Take a capsule filled with 5 drops each of lemongrass, clove, and cinnamon, morning and evening.

Topical—For those occurring in the eye, soak a piece of cloth in 1 drop of cypress, a pinch of salt, and 1 cup of tepid water; wring out excess water from cloth and apply over closed eye. For xanthomas in other locations, apply 1 drop each of lemongrass and cypress to the area, several times daily.

YELLOW FEVER

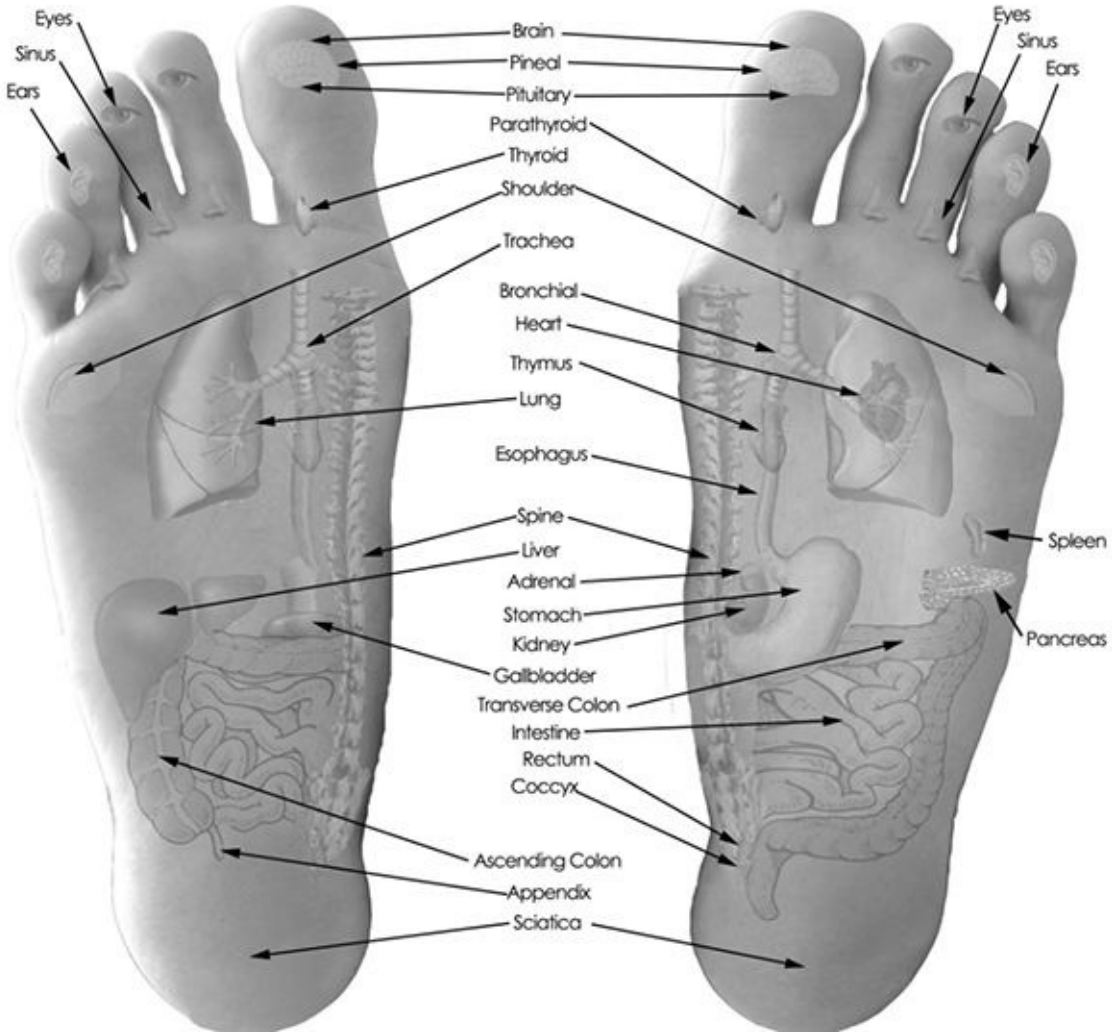
Only use this protocol in conjunction with Western medical options and with approval from a physician.

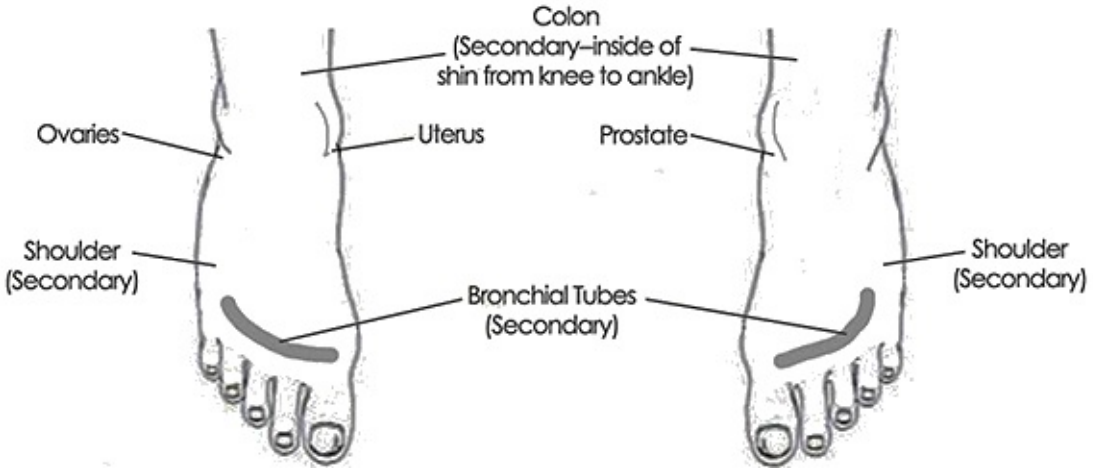
Oral—Take a capsule with 3 drops each of lemongrass, peppermint, oregano, lemon, and 1 drop each of basil and thyme, 3 to 4 times daily. Continue taking capsules for 2 weeks following reversal of symptoms, but no longer than 21 days total.

Topical—Apply 3 drops of lemongrass, oregano, peppermint, and lemon over the liver area of the chest, 2 times daily. Alternately, massage the feet with 1 drop each of lemongrass, oregano, peppermint, lemon, and thyme up to 6 times daily.

Use this chart to apply oils to support specific organs, body parts, or systems.

VITA -FLEX FOOT CHART





About the Author:

Dr. Scott A. Johnson is a multi-bestselling author and has produced more than 250 articles featured in online and print publications. He has a doctorate in naturopathy, is a board-certified alternative medical practitioner (AMP), and a Certified Clinical Master Aromatherapist (CCMA). His evidence-based approach to natural healing and experience conducting medical research make him one of the world's leading experts on the therapeutic application of essential oils. One of his research focuses is the safety of essential oils, and he has published internationally on the subject. Scott draws on his wealth of experience and diverse educational background as he travels the globe to share the secrets of natural healing with those who seek greater wellness.

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